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Niamh Barrios Bound For World Irish Dance Competition

North Quincy High School Sophomore Heading To Belfast Next Month

By SCOTT JACKSON

A sophomore at North Quincy High School will head to Belfast, Northern Ireland next month to compete in an international Irish dancing event.

Niamh Barrios, age 16, will compete in the 2022 World Irish Dancing Championships on April 10 and 11. Niamh, who dances in the under 17 age group, qualified for the event in Belfast by placing fifth in a regional competition in Connecticut last fall.

"I competed at the regional championships in Hartford in November. The top 10 percent qualify for worlds based on how you place, and I placed fifth, so I qualified," Niamh said in a recent interview.

Niamh's mother, Clair Barrios, said the family is proud of Niamh's accomplishment.

"We were incredibly proud. She works hard. She goes to class four times a week and then she works with a personal trainer, does physical therapy, all that sort of stuff," Claire Barrios said. "It's hard work."

This was not the first time Niamh qualified for the world championship but, because of the pandemic, this will be the first time she can compete at the event.

"She had actually qualified for the first time in 2019 for the 2020 world championships, and they were canceled because of COVID, and then 2021

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NIAMH BARRIOS, age 16, will compete in the 2022 World Irish Dancing Championships on April 10 and 11 in Belfast, Northern Ireland. Niamh is a sophomore at North Quincy High School.

Courtesy Photo

Hydrant Flushing Starts Next Month

By SCOTT JACKSON

The Department of Public Works in April will begin flushing fire hydrants across Quincy in three phases to remove sediment from the city's water mains.

Public Works Commissioner Al Grazioso on March 7 briefed city councillors on the plan to flush the city's fire hydrants, joined by Stephen Olson, an engineer with the firm H2Olson Engineering. Olson said the goal of the flushing program is to remove the sediment that builds up over time in water

mains.

"Water mains are prone to build up of sediments, which are inert natural minerals, and tuberculation that can restrict flow, impact pressures, limit fire flow availability, and cause discolored water," Olson said.

"Hydrant flushing can help clean pipes of accumulated sediments. The flushing program involves systematically opening selected fire hydrants and flowing them from 15 to 45 minutes to remove accumulated sediments that can build up

over time and cause episodes of discolored water."

The Massachusetts Department of Environmental Protection recommends hydrant flushing for all public water systems, Olson added. Tetra Tech, another engineering consultant to the city, also recommended hydrant flushing as part of its master plan for Quincy's water system.

In addition, Grazioso said program would allow the department to identify fire hydrants that may need

Cont'd On Page 11

Upgrades Eyed At 5 Quincy Schools

By SCOTT JACKSON

City officials want to partner with the state to make improvements to five of Quincy's public schools. Three of those schools would have sections of their roofs replaced, another would get part of its roof replaced plus a new boiler, and one would get new windows.

The City Council on Monday unanimously approved statements of interest for improvements to the Broad Meadows and Point Webster middle schools, as well as the Montclair, Parker and Wollaston elementary schools. The city is seeking to replace portions of the roofs at Broad Meadows, Montclair, Parker and Wol-

laston, replace the windows at Point Webster, and replace a boiler at Parker.

The statements of interest are part of the process in securing financial assistance from the Massachusetts School Building Authority for those improvements through the agency's accelerated repair program. Ac-

Cont'd On Page 13

School Officials Interviewing Applicants For EDI Director

By SCOTT JACKSON

Quincy Public Schools officials are in the process of interviewing candidates to become the district's new equity, diversity and inclusion director.

The position was posted through early February and approximately 15 individuals applied for the job, Supt. Kevin Mulvey said. All the applicants work outside the

district, Mulvey said.

Five candidates from the pool of applicants were brought in for initial interviews, the final two of which were scheduled for March 18, Mulvey said; the superintendent added that additional candidates could also be brought in for interviews if necessary. Final interviews were expected to begin this week.

The superintendent said he would like the new hire to start "sooner, rather than later," but noted the successful candidate would first have to negotiate a new contract to work in the Quincy Public Schools while also providing two weeks or more of notice to their current school district, given that it is a mid-year hire.

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More Quincy news:

The Quincy Sun.com



20-Minute Exercise Program

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Over the past several years I have observed two trends within both the business community and the home environment. Both trends seem to be the result of having too many things to do and too little time to do them. First, I have noticed that many people prefer to perform activities (especially physical activities) that can be accomplished in relatively short time segments. Second, I have noticed that many people tend to develop routines on a more-or-less day-to-day basis.

With respect to exercise, the traditional training model has been a 60 to 90-minute workout, performed three nonconsecutive days per week. Our research with several thousand fitness participants has clearly demonstrated that this is a highly effective exercise approach for improving muscle strength, cardiovascular endurance, joint flexibility, and a variety of health-related factors, such as body composition, blood pressure, blood sugar, and blood lipids.

While I strongly recom-

mend an hour of planned and purposeful physical activity on an every-other-day basis, it seems that more and more people are unable to schedule 60-minute exercise sessions. Given the time pressures of modern society, we have experimented with several 20-minute workout programs. Our studies have typically included two to four strength exercises coupled with about 15 minutes of aerobic activity (e.g., stationary cycle, treadmill, rowing machine). The results have been surprisingly good, but I have always felt that the really important strength training component was somewhat short-changed.

Because youth, adults and seniors are all becoming better at daily scheduling, I now recommend 20-minute workouts, 5 or 6 days each week. These short training sessions can be scheduled before work, during the lunch hour, after work, or at any other convenient and consistent time frame during your day. This should be a brief, beneficial, and positive exercise experience that soon becomes as rou-

tine as eating breakfast or reading the paper. If you are willing to try the 20-Minute Exercise Program for one month, please consider these suggested exercises and training procedures:

Exercises for Cardiovascular Fitness

On Mondays, Wednesdays, and Fridays, begin each training session with 10 to 30 trunk curls for your abdominal muscles, followed by a few stretching movements for your hip, thigh, and low back muscles. After completing these exercises, perform 15 minutes of interval aerobic activity using a stationary cycle, treadmill, or rowing machine (or walking/jogging outdoors). Do five intervals of three minutes each in the following order: (1) lower-effort interval; (2) higher-effort interval; (3) lower-effort interval; (4) higher-effort interval; (5) lower effort interval. On a perceived exertion scale of 1 to 10, your lower-effort intervals should be about a 4 rating and your higher-effort intervals should be about an 8 rating.

I guaranty that this work-

out will go very quickly from a mental perspective, but will be highly beneficial from a physical perspective. If you have access to more than one type of endurance exercise equipment, try cross-training for variety. For example, you could do stationary cycling on Mondays, walking/jogging on Wednesdays, and rowing on Fridays. If you miss a workout, or prefer to take Wednesdays off, this is not a problem. You will still attain plenty of physical activity on a weekly basis.

Exercises for Muscular Fitness

Tuesdays, Thursdays, and Saturdays are your strength training sessions, which should also take about 20 minutes for completion. Begin each workout with 10 to 20 pushups (from your feet or from your knees) to warm-up your upper body muscles. Next, perform 15 knee bends (up to 90 degrees of knee flexion) to warm-up your lower body muscles, followed by some trunk rotations and side-bends for your midsection muscles. After completing these warm-up activities, perform 1 set of the following 5 resistance exercises. Use a weight that enables you to complete between 10 and 15 controlled repetitions, exhaling throughout each lifting action and

inhaling throughout each lowering action. Focus on proper posture and effective exercise execution. These exercises may be performed with dumbbells or weight machines: (1) dumbbell squats or machine leg presses for the hip and thigh muscles; (2) dumbbell bench presses or machine chest presses for the chest, front shoulder, and rear arm muscles; (3) dumbbell bent rows or machine seated rows for the upper back, rear shoulder, and front arm muscles; (4) dumbbell overhead presses or machine shoulder presses for the shoulder, neck, and rear arm muscles; (5) dumbbell curls or machine curls for the front arm muscles. Use the same resistance until you can properly perform 15 repetitions, then increase the weightload by about 5 to 10 percent. If you train at a moderate repetition speed (3 seconds lifting, 3 seconds lowering), each exercise set should be completed within 90 seconds. If you perform one set of each exercise and rest about 90 seconds between exercises, the entire strength training session should take less than 20 minutes.

Of course, you can do longer periods of endurance exercise or more sets of strength exercise if you so desire. However, our experience with time-pressed people indicates that those who establish regular 20-minute training sessions



WAYNE WESTCOTT

are more likely to continue their exercise program. We have also found that short duration workouts are typically performed with more intensity than longer duration workouts, resulting in excellent physiological (and psychological) outcomes.

If you continue this program for two months, our research indicates that you should experience significant increases in your muscular strength, cardiovascular endurance, and body composition, thereby enhancing both your physical function and personal appearance.

Wayne L. Westcott, Ph.D., is Coordinator of the Quincy College Exercise Science Department and the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne has been a strength training consultant for all 5 United States military forces and for 6 NFL football teams.

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Free Legal Clinic April 5 At Quincy District Court

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LEGAL NOTICE

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NOTICE OF ANNUAL MEETING OF CORPORATORS

May 11, 2022

The Annual Meeting of the Corporators of PONKAPOAG BANCORP, MHC will be held at Brookmeadow Country Club, 100 Everenden Rd. Canton, Massachusetts on Wednesday, May 11, 2022 at 5 p.m. (1) to re-elect Corporators; (2) to elect new Corporator(s) (3) to re-elect Trustees; (4) to give an annual report to the Corporators and (5) to consider and act upon any matters incidental to the forgoing or as may otherwise properly come before said meeting.

MARIAN K. PENDERGAST
CLERK OF PONKAPOAG BANCORP, MHC

3/24/22

Do you have a legal question or are you confused about a legal issue?

The Bar Association of Norfolk County will be running Free Evening Legal Clinics as a service to the public. Attorneys experienced in all areas of the law will be available for a free one on one confidential consultation, to those who have questions or concerns regarding a legal issue.

A free evening legal clinic will be held Tuesday, April 5 at Quincy District Court from 6 to 8 p.m.

For those who wish to telephone for a referral, the Bar Association will refer you to an experienced private attorney who specializes in your legal matter. Our Referral service is a full fee paid service covering auto accidents, personal injury, estates/wills, criminal, family law and real estate and more. Once referred to an attorney, the first half-hour consultation is \$25.

Another free legal clinic is scheduled for Aug. 9 at Quincy District Court. For more information call 617-471-9693 or visit norfolkbarassn.org.

City, State Working To Finalize Precinct Map

8,000 Residents Will Move Between Precincts Or Wards Under Final Version

By SCOTT JACKSON

City and state officials are in the process of finalizing a new precinct map for Quincy that will be used for the first time in this year's state election.

City councillors first approved a new ward and precinct map for Quincy in September. Councillors passed an updated version of that map in December, because changes to state legislative districts would have resulted in eight precincts split between two or even three legislative districts.

City Clerk Nicole Crispo on March 17 said she was in the process of working with the Secretary of State's Office to clean up discrepancies in the new map. Crispo said she submitted new revisions to the map to address the last four addresses in need of checking that morning and was optimistic the state would approve them.

The new map will result in one split precinct. Ward 5, Precinct 1, will be divided between the First and Second Norfolk Districts, which are currently represented by Reps. Bruce Ayers and Tackey Chan, respectively. In a previous interview, Crispo said having one precinct split between legislative districts is more manageable than having eight divided precincts.

"We'll get through one," she said in December. "It's really hard to work through eight."

As a result of the new map, Precinct 3A in Ward 2 will no longer exist and will be merged back into Pre-

cinct 3. Precinct 3A, which included a single tower within the housing complex at 1000 Southern Artery, had been created following the 2011 redistricting cycle to keep all of the complex's residents within a single precinct.

About 16,000 residents were bound to move between precincts or wards had the maps approved in September come into effect. Crispo said last week about 8,000 residents will move between precincts or wards under the final version of the maps.

All residents whose ward or precinct will change will receive a notification in the mail prior to the September 2022 state primary election, currently the first election scheduled to occur with the new maps in place.

Crispo said she planned to meet with Mayor Thomas Koch to discuss the polling places that will be used for the upcoming elections. Crispo said the polling places would be finalized before they are advertised and residents are notified about the changes.

The state primary is slated for Tuesday, Sept. 6, which is the day after Labor Day and the day before the first day of classes in the Quincy Public Schools.

The general election will be held on Tuesday, Nov. 8. Quincy Public Schools are likely to be closed that day; the School Committee has yet to approve the calendar for the upcoming school year.

Animal Behavior For The Photographer March 29

How do you catch that one-of-a-kind animal shot with backyard animals or other wildlife?

Have you seen an amazing image of an animal and wondered how it was done?

On Tuesday, March 29 from 7 to 8 p.m., learn about the pre-shoot planning process, how best to approach different animals for your photos, and techniques for capturing that perfect expression with photographer Joy Marzolf at the Thomas Crane Public Library. The more you know about animals, the better you can capture those interesting behaviors! No matter your camera type or experience, this is a great chance to learn tips and practice now for future adventures.

Joy Marzolf has been a wildlife photographer and Naturalist for over 20 years. She is a Trip Leader for the non-profit Oceanic Society and has photographed a wide range of wildlife around the world, from venomous snakes and grizzly bears to butterflies and



PHOTOGRAPHER JOY MARZOLF will discuss animal photography Tuesday, March 29 from 7 to 8 p.m. at the Thomas Crane Public Library. Shown here is one of Marzolf's photos showing a fisher cat.

dolphins. One of her passions is helping people to better understand wildlife and how understanding the subject can help a photographer take better images. She previously taught wildlife photography and photo editing classes for over 13 years with Mass Audubon's

Broadmoor Wildlife Sanctuary. She is now teaching adults and families about wildlife through her nature, nature travel and live animal programs with her new company The Joys of Nature (<https://thejoysofnature.com>).

Capacity for this event

will be limited and masks are recommended. This event will be simultaneously live broadcast on QATV channel 9 and can be viewed on the Thomas Crane Public Library's YouTube channel.

The program is sponsored by the Friends of the Thomas Crane Public Library.

Are you starting to think about buying a new home?

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Rally To Return Abigail Statue To H-A Common Saturday

A Rally to Return the Abigail Adams statue to Hancock-Adams Common will be held on Saturday, March 26 from 3-4 p.m. in front of City Hall.

The city has announced plans to install the statue of Abigail and her son John Quincy Adams in Merrymount Park. Organizers of the rally say the statue of Abigail Adams needs to be in Quincy Center where tourists and the residents of the "City of First Ladies" can see her and be inspired by her example."

Those who cannot attend the rally can sign an online petition. Find it at Change.org Bring Back Abigail.



Moments in time

THE HISTORY CHANNEL

• On April 6, 1776, the Continental Congress takes the first step toward American independence by announcing its decision to open all American ports to international trade with any part of the world that is not under British rule. It was the first act of independence by the Continental Congress.

• On April 9, 1859, a 23-year-old Missouri youth named Samuel Langhorne Clemens receives his steamboat pilot's license. Clemens would later write under the pseudonym Mark Twain, a boatman's call noting that the river was only 2 fathoms deep, the minimum depth for safe navigation.

• On April 10, 1879, Schandor Herz -- the future John Hertz, the man behind what will one day be the world's largest car-rental company -- is born in present-day Slovakia. In 1923, Hertz bought a fleet of used Ford Model Ts and named the business Hertz Drive-Your-Self Corporation.

• On April 5, 1955, Sir Winston Leonard Spencer Churchill, the British leader who guided Great Britain and the Allies through the crisis of World War II, retires as prime minister of Great Britain. In the first year of his administration, Britain had stood alone against Nazi Germany.

• On April 7, 1961, President John F. Kennedy sends a letter to Congress recommending that the U.S. participate in an international campaign to preserve ancient temples and historic monuments in Egypt's Nile Valley threatened by construction of the Aswan High Dam.

• On April 4, 1973, the Twin Towers of the World Trade Center officially open in New York City. The buildings replaced the Empire State Building as the world's tallest building, though they would only hold that title for a year.

• On April 8, 1989, California Angels rookie pitcher Jim Abbott, who was born without a right hand, makes his Major League Baseball debut in a 7-0 loss to the Seattle Mariners.

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Deep Connection Between Adams Family, Merrymount Park

It is truly a privilege to live in and serve a community where we get to debate the best ways to honor some of the most important people in our nation's history. The role that the Adams, Hancock, and Quincy families played in building the foundation of America is something that we should all hold with tremendous pride.

The creation of the transformative Hancock Adams Common was one of multiple steps the City has planned to recognize our past residents critical role in history. Mayor Thomas Koch recently announced plans to name a beautiful downtown cultural center in honor of Quincy's First Ladies, Abigail Adams and Louisa Catherine Adams. Though we have had a statue, a cairn, and a park named for Abigail, this is the first prominent recognition for First Lady Louisa Catherine Adams, wife of John Quincy Adams.

There is a deep connection between the Adams family and our Merrymount Park. The Adams family remains involved in the affairs of the park to this very day. For it was Charles Francis Adams II, the grandson of John Quincy Adams, that consolidated the 80 acres and sold it to the City for \$1 back in 1885. Today, it is the most popular municipal park in Quincy by a large margin and I can't imagine what Quincy would be without this beautiful preserved open space. We all owe a tremendous debt of gratitude to Adams' foresight.

READERS FORUM

The Formal Garden at Upper Merrymount has two older stone monuments that tie the Adams legacy to the park and tell the story of John, John Quincy, and Charles Francis Adams. There is no mention of Abigail and the foundational role she played in the success of these men. The City has been working with Landscape Architect Peter Jackson and the Quincy Partnership (who commissioned and own the statues) to properly site the Llyod Lillie statues in this important spot. Upon completion, the bronze statues will beautifully compliment the fountain, the monuments, the park, and its history. It can be part of the educational programming at the adjacent middle school that frequently uses the park.

We need not limit ourselves to one specific location or another; this is not a competition. The new cultural center, Merrymount Park, Abigail Adams Park, the Abigail Adams Cairn, and the National Park Service sites can and should all pay homage to this incredible woman and Founding Mother.

David Murphy, Commissioner
Department of Natural Resources

More Readers Forum On Page 5

National Grid Plans To Begin Second Phase Of \$92 Million North Quincy Cable Replacement Project

National Grid plans to begin its second phase of construction for the \$92 million North Quincy Cable Replacement Project, a major investment to modernize and strengthen the electric transmission network in Quincy.

The North Quincy Cable Project is slated to replace the 115kV underground electric transmission cables located between National Grid's North Quincy Substation and the company's Field Street Substation. The existing cables are nearly 50 years old, and in recent years National Grid has made numerous repairs to ensure continued reliable delivery of electricity to customers. The old cables will be replaced with new modern cables installed within a concrete duct bank and manhole system.

Work on the first phase of the project was completed last year, as National Grid used a horizontal directional drilling process and other

conventional construction methods to install an approximately 2,100-foot section of the new conduit system on Newport Avenue to the West Squantum Street overpass.

The next phase of the project will start with construction beginning on Newport Avenue near West Squantum Street and will proceed down Newport Avenue to Furnace Brook Parkway; turning east on Furnace Brook Parkway to the Southern Artery; then south on Southern Artery to Morrison Street; turning east on Morrison Street and terminating at National Grid's substation. Construction is expected to start in April and expected to continue through until near the end of 2023.

National Grid has worked closely with and received extensive input from municipal officials, including the Quincy Department of Public Works, the city's traffic engineer, the Water

& Sewer division and other local stakeholders. The project will help improve safety and reliability and provide the area's transmission grid with greater operational flexibility. It will also improve the system's ability to support new customers in the region and continued service for residents and businesses.

National Grid sought permits to undertake work from the Quincy City Council on March 21. In addition, the company will hold a virtual open house on March 29 at 6:30 p.m. Interested parties are encouraged to pre-register for the meeting at <https://shorturl.at/mpJQU>.

"We look forward to the next phase of this important project. Installing this modernized cable will ensure reliability for Quincy and surrounding communities, and allow for economic growth in the region," said Tim Moore, Vice President of Electric Project Management and Construction, Na-

tional Grid New England. "We will do everything we can to minimize traffic disruption throughout this project and appreciate everyone's patience."

Project benefits include:

- A safer, more reliable and resilient electric transmission system to support our customers in Quincy and surrounding communities.
- Enhanced ability to meet growing electric energy needs.
- Modern cables protected by concrete duct bank.
- More efficient means of maintenance and repair.
- Increased property tax revenues for Quincy.

Interested parties can learn more by visiting www.NorthQuincyCableProject.com, signing up for the weekly newsletter at that site, calling 1-800-358-3879 and emailing info@NorthQuincyCableProject.com.

What To Know About Buying Tickets From An Online Reseller

Looking for a last-minute deal on sports tickets? Need a ticket to a sold-out concert? There are a lot of reasons why fans buy festival, concert, sports, and other event tickets from online resellers, such as StubHub, Vivid Seats (a BBB Accredited Business), or SeatGeek. But unfortunately, it's easy to fall for fake ticket scams or simply overpay. Keep these tips in mind when buying from ticket resellers.

What to look for in a ticket reseller

Follow these tips for navigating your ticket resale options and avoiding scams:

- **Look for ticket resellers that protect buyers.** Ticket resellers should have a consumer protection policy and/or be registered with the National Association of Ticket Brokers. Most major ticket resellers will typically provide a full refund if the ticket turns out to be a forgery. It's a service that's covered by charging a commission on the sale.
- **Buying from a reseller that also sells primary tickets adds a layer of protection.** For example, Live Nation or TicketMaster will invalidate the original ticket and create an entirely new bar code for you to use. This ensures you are the only one in possession of the resale ticket.
- **Review the policies before making a purchase.** You should only buy tickets from a ticket reseller that provides clear details about the terms of the transaction and how you will be refunded if the tickets are fake. Also, if the tickets are not available immediately, the reseller should disclose

when the tickets will ship or be available for pick up.

• **Buy tickets with a credit card.** Using a credit card helps protect you if the tickets are not as promised. Watch out for resellers who ask for unusual payment methods, such as sending gift cards or wiring money. This is a red flag. Learn more about payment types and how to protect yourself.

Tips for finding a good price on tickets

Here are tips for getting the best deal on resold tickets:

- **Compare prices.** Like with many other purchases, it pays to shop around for tickets. Compare major resellers and look for the best deal. This list of online ticket resellers from Consumer Affairs is a good place to start. Check the business's profile on BBB.org to be sure they are a reputable business.
- **Account for extra fees.** Don't let hidden fees foil your comparison shopping. Be sure that you include fees into your calculations by navigating all the way to the checkout page. Some resellers don't disclose their fees until you are almost ready to pay.
- **It (probably) pays to wait.** Buying tickets within a week of the event, rather than securing a ticket more than a month in advance, will likely get you a lower price. However, this tactic could backfire if the event proves popular enough.

Scenes From Yesterday



THIS 1915 postcard is a view of the wooden fire station for Hose 3 and Ladder 3 that was on Copeland Street in West Quincy for over 40 years. It was built in 1894 next to the Willard School that was on the right. Hose Company No. 3 was simply called "Granite" when it was organized in 1852. Before it moved here its original equipment was housed in the building now occupied by Callahan's Tap on the corner of Furnace Avenue and Copeland Street. That plot of land was a gift to

the Town of Quincy from Solomon Willard who also built the first school here and gave it to the town. The present home of this fire company is to the left of this view on the corner of Miller Street. It was built in 1939. The above site became part of the school grounds and is now part of the parking lot for the Willard Building office condominiums.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1977
45 Years Ago

LaRaia To Submit Budget To Council; Sees \$7 Tax Hike

Mayor Joseph J. LaRaia plans to submit the city budget for FY 1978 to the City Council Monday, April 4, a full month ahead of the extended deadline set by the state.

However, he declined to disclose the budget figures and he added that a supplementary budget would have to be submitted during the year to cover expected wage increases negotiated with city employees. It is expected to be a record-high budget.

"Members of my staff wanted overtime to prepare the budget to meet the original deadline," LaRaia said.

The City Council last year complained that it wanted the budget earlier despite the state extension.

LaRaia said the earlier estimate of a tax rate increase of no more than \$7 was still operative.

TOBIN SEEKS MBTA AREA CLEANUP

City Council President Arthur H. Tobin has asked the MBTA to take immediate action to remedy the appalling condition of the parking areas at the Quincy, Wollaston and North Quincy stations.

"I have been advised by commuters who use the three facilities that they are in deplorable condition, rubbish strewn throughout the area and broken bottles, which cause hazardous conditions for commuters," he said in a letter to Joseph F. Toomey, assistant to the MBTA Chairman.

QUINCYISMS

Barkers, 1459 Hancock St., Quincy Center, was suggesting that shoppers: "Join the Easter Parade for a Great Selection of Easter Cards, Party Goods and Easter Gifts of Every Description"... Granite Cooperative Bank, with two offices in Quincy, was sponsoring a contest: "Guess When Our Bank Assets Reach \$20 Million and Win a Moped"... State Street South was hosting a "Job Fair," where over 50 Boston area firms will be interviewing on Saturday, April 2, from 9 a.m. to 1 p.m.... Bath World, 505 Beale St., Wollaston, was conducting a sale: "20-40% Off Bathroom Cabinets, Vanities"... Navy Ensign Robin M. Puricell, daughter of Mr. and Mrs. Elio A. Puricelli, 195 Elmwood Ave, Wollaston, was commissioned in her present rank upon graduation from Officer Candidate School, Naval Education and Training Center, Newport, RI... Marine Private Barbara M. Rhilinger, daughter of Mrs. Rita A. Rhilinger, 154 Highland Ave, Wollaston, was designated "Molly Marine" during graduation ceremonies at Marine Corps Recruit Depot, Parris Island, SC... The menu for Junior High School lunch for Monday, April 4, included frankfurts and baked beans, condiments, sliced peaches and a beverage... Mrs. Giselda Speranzo celebrated her 75th birthday at a gathering of relatives and friends at the Sons of Italy Social Center... The annual fundraising "Sausage and Pancake Breakfast," sponsored by the Quincy Lions Club was scheduled to be held Sunday, April 3, at the Lincoln-Hancock School, South Quincy. Committee members included William O'Connell, president and members John Swanson and Paul Mullen... One hundred friends and relatives, including two mayors, honored Edward F. Cook, 47 Parker St., Quincy, for 40 successful years as owner of Cook's Quality Market in Wollaston. Mayor Joseph J. LaRaia presented Mr. Cook with a certificate of recognition from the city while Mayor Thomas S. Burgin, a longtime customer of the market, reminisced about Mr. Cook and his many years of service... Mrs. Ann Aronson, Quincy Librarian, was the scheduled speaker at the upcoming meeting of St. Ann's Senior Citizens. Mrs. Aronson was to give a book review... More than 800 persons attended an Appreciation Night sponsored by Mr. and Mrs. Richard J. Koch, Sr., and the Koch Club at the Bryan Post VFW Hall. Honored were individuals who have participated for the past 30 years in Koch Club, church, civic, community and government endeavors... Americo J. Durante, of Quincy, was promoted to senior airman in the US Air Force at Victorville, CA. Airman Durante was the son of Mr. and Mrs. Vincent Durante, 17 Watson Terrace, Quincy Point... John C. MacPherson was scheduled to be installed as the 72nd Exalted Ruler of the Quincy Lodge of Elks, Friday, April 1 at the Quincy Lodge... Longtime friends and political leaders gathered at the Chateau de Ville in Randolph to honor Congressman James A. Burke on the occasion of his birthday... Mayor Joseph J. LaRaia reappointed Guy S. Faiella to a three-year term on the Board of Registrars of Voters. Mr. Faiella has served as the board chairman since 1974.

Council Should Address More Important Issues

The first question I would ask, is why? Is there a certain segment of the Quincy population that are staying awake nights stressing over the language of Quincy's city code?

Councillor Liang says that "this is pretty self explanatory, it's just an update to our municipal code. It's really outdated right now and as we're updating our city, we probably should

update the rules that govern it." So are we updating the content of the code or the language that introduces the various rules?

I do not have a huge concern about what Councillor Liang is proposing except I worry that other more important issues need more attention. Such as, how about working on lowering real estate taxes? Maybe lowering my water bill? Providing

READERS FORUM

more senior housing? Public safety concerns would be nice also? And that's just scratching the surface.

I realize that this is probably a done deal and will only take about 20 minutes to enact, yet that's 20 minutes of the taxpayers money spent on frivolity. I am sure

that this amendment will have a huge affect on the City of Quincy's illustrious history.

Please let me know if you find something more substantial to work on. To the City Council, if you run out of ideas, I have a list.

Edward Spring
Quincy

Gender-Neutral Language Ordinance Needs Tweaking

As I read the latest Quincy Sun, I noticed the news story concerning City Councillor Nina Liang's push to get gender-neutral language in both the City Code and in City Council Chambers, too.

She introduced an ordinance which I agree is self-explanatory but not seemingly an emergency in need of fixing. Not with all the bad news swirling all

around usher at home and around the world. When the world is trying to prevent a wider outbreak of violence over in Ukraine getting leveled by Putin's madness, gender neutral language is not actually on my radar.

I agree with her. Some identifying terms do seem out of place for as long as I can remember. I think referring to the president of the City Council, the term should be with Mr. or Madam President depending on who is president.

As a police officer for over 28 years, I never used the term "policeman" or "police woman," it was always "police officer." Terms like "policeman" or "mailman" go back to a time in my childhood when women weren't on the police force or working for the U.S. Mail. Women are everywhere today and that is a good thing. My daughter is an architect today, a profession not that long ago which seemed reserved for men

as did being an elected city councillor too.

I think she might want to tweak her ordinance's wording. However, I am not too sure that "them" is any better than "he" or "she" or "theirs" over "his" or "hers." However, with gas pump prices keep spiking upward, pronouns are really not the number one concern of mine or surely Americans in general.

Sal Giarratani
East Boston

Football Officials Wanted; Meeting March 30 At Braintree High

The Association of Interscholastic Football Officials is looking for men and women interested in officiating high school, sub-varsity and youth league games for 2022 season.

An organization meeting will be held Wednesday, March 30 at 7 p.m. at Braintree High School. Those interested in becoming an official can contact Bob Denise at 508-947-6760.

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Quincy Rotary Sponsors Spaghetti Lunch At Kennedy Center

On Tuesday, March 8, the Rotary Club of Quincy sponsored and served a pasta and salad luncheon to 120 seniors at the Kennedy Senior Center.

The main lunch was catered by Gennaro's, and was followed by pastry desserts from Montillios and coffee from Quincy's Coffee Break Café.

The luncheon was originally scheduled for January, and finally rescheduled March 8th after two years of COVID restrictions.

Twenty Rotarians donned aprons and gloves to serve up lunch ahead of the festivities which included a couple of hours of good food, laughter, and conversation punctuated by several door prizes, giveaways, and a rousing Bingo session where winners received gift certificates to local businesses.

Rotarian and Norfolk County Sheriff Patrick McDermott served as emcee, backed up by Rotarian Event Chairperson Caryn Smith of Caryn's Corner. The Quincy Health Department, located just down the hall in the same building, made a generous contribution of masks and COVID tests for interested seniors.

The spaghetti luncheon is a long-standing tradition for Rotarians, who welcome the chance to meet with friends and neighbors for a meal and some fun, and to demonstrate their commitment to Service to the Community. The March 8th event proves that the tradition is alive and well even after the two-year hiatus.



QUINCY ROTARIANS DONNING the Rotary aprons for another year of the club's Annual Spaghetti Senior Lunch (from left to right) John Whitney, Al Gavaghan, John Pasciucco, Kathy Quigley, Frank Trainor, Caryn Smith (Event chairperson), Dolly Di Pesa (Rotary Programs chairperson) and John McManus. Other Rotarian host volunteers, not pictured, were Emcee Pat McDermott, Marylou Fishman, Maureen Foley, Susan Gavaghan, Marie Kelly, Donna Manzi, Ben Paul, Brendan Smith, Mike Wilcox, Brian Willinsky and a volunteer from the Norfolk County Sheriff's Office, Cheryl Bramberry. *Courtesy Photo*

Programs For Adults, Families At MPL In April

By JEAN HLADY
Milton Public Library

In April the Milton Public Library is hosting a lot of enjoyable programs for adults and families, some via Zoom and others in person in the library's Keys Community Room.

On Tuesday, April 5th, from 6:30 to 8:30 p.m., there will be a Zoom workshop called "Photography using your iPhone" taught by instructor Nick De Pasquale. This experienced photographer will teach us all about iPhones and how to use their camera features to take great pictures in this virtual talk.

The class is iPhone-specific but will also touch on other types of smart phones and their ability to take good pictures. You will learn the importance of adjusting exposure and how to do this generally, but Android users will need to do some of their own background investigation using their manuals.

Register in advance at the MPL website.

The Cookbook Club will hold another meeting with Connie Spiros and Sara Truog on Wednesday, April 6, from 6:30-8 p.m. as a hybrid program. This means that people may either come in person to the Keys Community Room or participate virtually via Zoom.

The cookbook chosen for April is *Healthyish* by Lindsay Maitland Hunt and for all the details and to sign up in advance, go to www.miltonlibrary.org.

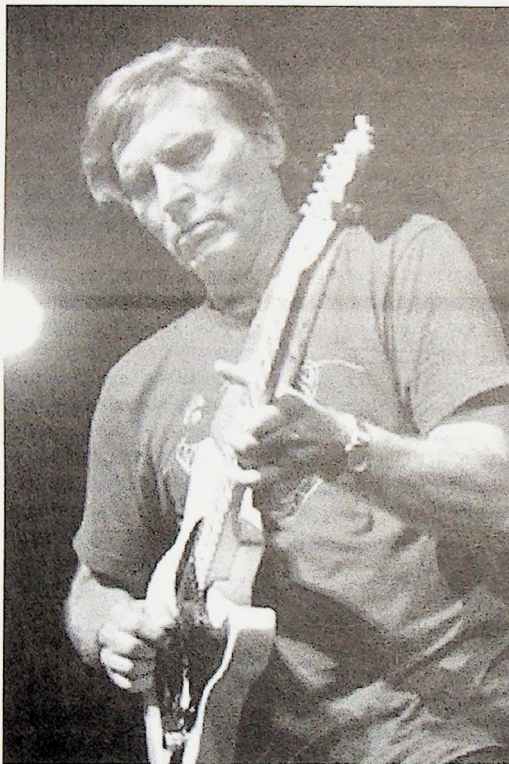
We have a couple of ongoing clubs for adults, and one of them - The MPL Walking Club - happens each Thursday, meeting at 12 noon in the parking lot. Here are the April dates: April 7, April 14, April 21 and April 28. We hope you might join us in person to get some exercise and enjoy good company for an hour-long walk in the neighborhood. You must register in advance at the Milton Public Library website to participate.

The Library Knitting Group continues on Thursday, April 7, at 7 p.m. and on Saturday, April 16, at 10 a.m., in the lower level Conference Room. Join other fiber artists in this drop-in program where people share their projects and learn tips for the craft. If you would like to get on the organizer's list, email jhlady@ocln.org and she will make sure you are added, so that you receive meeting updates.

On Tuesday, April 12, at 7 p.m., author and former newspaper editor Paul Clerici will be at the MPL in person to give a presentation called "Let's Talk about Running: Boston Marathon History by the Mile." This is an evening of Boston Marathon-themed stories, anecdotes, and fun tales about everything Boston!

Clerici has written several books about running, having completed the marathon 23 times himself and also having covered it for over 35 years. Hear all the great stories about the beginnings of the race in Ashland, the start lines in Hopkinton, the year in which a train cut through the race in Framingham, and much more. This will be an entertaining event, complete with colorful images, which will teach us all more about a very important Boston institution located right in our own backyard.

Advance registration is required and this talk will not be available virtually. To sign up, go to this link: <http://www.miltonlibrary.org>



THE CRAIG HLADY TRIO, featuring Craig Hlady (guitar), Mark Texiera (drums) and Shinichi Otsu (organ) with vocalist Steve Mathews will perform an in-person blues concert at the Milton Public Library's Keys Community Room on Saturday, April 23 at 2 p.m.

eventkeeper.com/mars/xpages/m/miltonpl/ek.cfm

We are very glad to offer a second in person musical event this spring on Saturday, April 23, at 2 p.m., which will be an in person Blues Concert with The Craig Hlady Trio, featuring vocalist Steve Mathews. (This program will not be available via Zoom.)

The group includes bandleader and guitarist Craig Hlady of Berklee College of Music, Shinichi Otsu on organ, Mark Texiera on drums, and the charismatic Steve Mathews on vocals. These four talented musicians will knock your socks off with their funky renditions of blues classics by B.B. King, Jimi Hendrix, Wilson Pickett, and more, plus some choice bluesy original songs.

Sign up in advance to attend an enjoyable and entertaining afternoon in the Milton Public Library's Keys Community Room, where singing along with the band is encouraged! You must register each person who would like to attend individually at this link, as audience size is limited: <http://www.eventkeeper.com/mars/xpages/m/miltonpl/ek.cfm>.

We will be checking in registrants at the door and wearing a mask in the library is now a personal decision. For questions about the concert, Email jhlady@ocln.org and we hope to see you there.

Finally on Tuesday, April 26, at 7 p.m., there will be a hybrid author talk with Prof. Caroline Kautsire about her new



book called "What Kind of Girl - An African Child Caught Between Two Worlds" (Gardners Books, c2020). Professor Kautsire teaches English at Bunker Hill Community College and has lived in America for 17 years. She is also a community theater actress and a poet. She uses her voice to advocate for change, to inspire, and to give people hope.

Join us either in person in the Keys Community Room where she will be speaking, or virtually via Zoom for this hybrid event. Here is a description of the book, which you may reserve if you wish by calling the Reference Dept.: "[This]...is a sweeping coming of age story about a girl in Malawi who must tangle with the gender restrictions, religious institutions, American cultural attitudes, and African traditions that seek to define who she can be as a woman. It is also a tale of how one girl's story in a distant country in Africa can become all of our stories."

Please sign up at the MPL website, and indicate your attendance preference. We hope you might join us for this fascinating program in April.

These programs are sponsored by the Friends of the Milton Public Library and the concert series is also supported by the Julia Swanson family of Milton. For more information about an event, either call the Reference Dept. at (617) 898-4964 or email jhlady@ocln.org

We look forward to seeing you soon at the Milton Public Library!

Social

Movie Review: 'Turning Red'

By BOB GARVER

Back in January, when COVID numbers were raging and another lockdown seemed imminent, Disney made the decision to make Pixar's "Turning Red" a Disney+ exclusive.

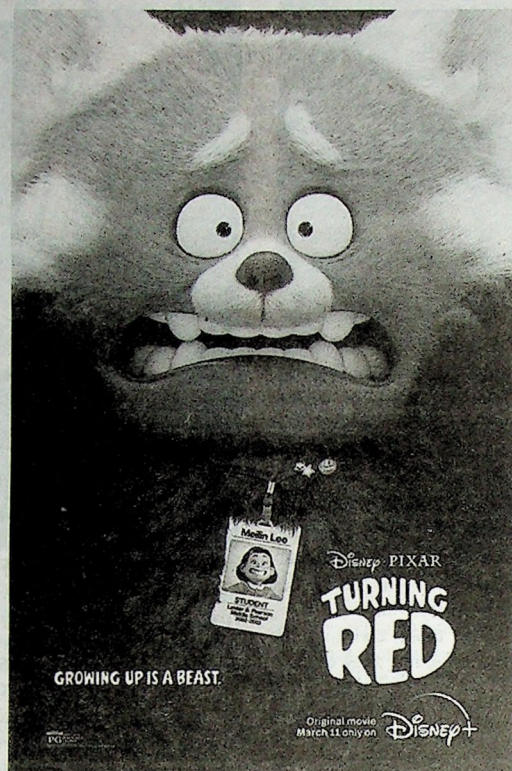
But soon after holiday tourism died down, so did the COVID numbers, and theaters are fully capable of showing this movie. In fact, restrictions here in New York have eased so much this was the first weekend (March 12-13) where I wouldn't have needed so much as a mask to go see a movie. But I guess the decision to move the film to Disney+ was an irreversible one, or maybe the studio just didn't want to compete with the second weekend of "The Batman." I usually reserve this column for theatrical releases, but I'll make an exception because there were no other major releases the weekend of March 12-13, no carryovers are begging to be covered, and this first-class movie "should" have gone to theaters.

The story follows 13-year-old Chinese-Canadian Mei (Rosalie Chiang) as she undergoes bodily changes tied to strong emotions. Specifically, her human body changes into that of a 10-foot-tall red panda. Based on the film's advertising, I thought that the panda stuff would be a cutesy workaround for actual biological changes, but surprisingly the symptoms, manifestations, and treatments of biological changes are addressed within the film and very much in play. This movie, though deservedly PG, plays to a more mature audience than the usual Pixar fare.

Mei is horrified to be changing into a wild animal. She had a good thing going with her school and friends and a job as a temple caretaker. Sure, her mother Ming (Sandra Oh) could be a bit overbearing, and it was becoming harder and harder to hide how stupidly boy-crazy she was, but literally transforming into a giant beast was not in her carefully-planned schedule.

My only real problem with the film comes in Mei's reaction to becoming a panda. She's freaked out, which is understandable, but her instinct is to try and hide it. Even in a world where magic and transfiguration are possible, it still comes off as unnatural.

To her knowledge, she's the first person in all of human history to undergo a change in species, and she's



still concerned with her social status? At the very least, this calls for an immediate talk with her family. Or a scientist. Or a doctor, either a pediatrician or veterinarian. But no, apparently the movie just wants to give us a sequence of shenanigans and comical misunderstandings. Fortunately this is Pixar, so they're funny shenanigans and misunderstandings, but the motivation behind them is questionable at best, distracting at worst.

At first Mei can only see the downside in sporadically turning into a panda (in that it's not normal), but she soon sees an upside: people love pandas. Her friends want to hug her at every opportunity and classmates are willing to pay money to take pictures with her and have her appear at parties.

If she really plays her cards right, she and her friends might even be able to parlay her panda powers into going to a concert to see their favorite boy band. Ming forbids it, with or without the dangerous panda element, but what's a little thing like parental per-

mission when a teenage girl is in love?

At the center of "Turning Red" is the increasingly-unstable relationship between Mei and Ming. Mother-daughter relationships aren't often explored in Disney movies, especially given the studio's track record of letting parents see the second act of their stories. The only other one that did it on this level was 2012's "Brave," another movie where a character turned into a bear, come to think of it.

Sandra Oh absolutely steals the movie as the mother trying to reel in her out-of-control daughter as she's closer than anyone realizes to losing control herself. I have never seen a Pixar movie I didn't like, and the "Red"-hot streak continues here.

Grade: A-

"Turning Red" is available for streaming exclusively on Disney+. The film is rated PG for thematic material, suggestive content, and language. Its running time is 100 minutes.

Contact Bob Garver at rrg251@nyu.edu.



QUINCY COMMUNITY ACTION PROGRAMS (QCAP) recently received a \$25,000 grant from the Rockland Trust-Blue Hills Charitable Foundation, which will benefit QCAP's Southwest Community Food Center. From left: Tom Golden, vice president, CRA Officer at Rockland Trust; Beth Ann Strollo, chief executive officer at QCAP; Melinda Alexander, food center program director at QCAP; Andrea Borowiecki, vice president, Charitable Giving & Community Engagement at Rockland Trust; Susan Daileader, vice president, Financial Consultant at Rockland Trust; and Nancy Bailey, first vice president of Commercial Lending at Rockland Trust.

Courtesy Photo

QCAP Receives \$25,000 From Rockland Trust-Blue Hills Charitable Foundation

The Rockland Trust-Blue Hills Charitable Foundation recently awarded \$25,000 to Quincy Community Action Programs, Inc. (QCAP) to support the renovation and expansion of its Southwest Community Food Center.

The Food Center, which serves nutritious meals to residents across Norfolk County, is expanding to meet the community's growing need for services.

"QCAP has been at the forefront of providing food, nutritional resources, and other relief for more than 50 years," said Edward H. Seksay, president and chairperson of the Rockland Trust-Blue Hills Charitable Foundation. "We are honored to support the expansion of the Southwest Community Food Center so QCAP can help individuals and families struggling with food insecurity."

QCAP's Southwest Community Food Center provides food relief, helps families apply for Supplemental Nutrition Assistance Program (SNAP), and promotes nutrition awareness. The COVID-19 pandemic exacerbated food insecurity for families, as many saw an immediate loss of income due to the lockdown of businesses and the start of the economic downturn that began in March 2020. As a result, QCAP's Southwest Community Food Center saw a 50% increase in the number of clients receiving food.

"We are thrilled to receive this donation from Rockland Trust in support of QCAP's new Southwest Community Food Center building," said Beth Ann Strollo, CEO of QCAP. "Rockland Trust has a long-standing commitment to giving back to the community - including when they helped make our Head Start

Early Learning building a reality over ten years ago - and today they are a key supporter for the new Food Center. We are so grateful for this contribution as we continue to raise funds for our renovations."

With an increase in Food Center clients, QCAP was quick to realize that their long-time food pantry location at 1 Copeland St. in Quincy was too small to meet the increased demand for food or to maintain the social distancing safety

measures necessary to keep both staff and clients safe. To meet the growing needs of the community, while adhering to COVID precautions, QCAP is purchasing a new building that will triple the square footage, provide a loading dock for unloading food, and create space to house other QCAP services. These changes will assist clients with accessing much needed wrap-around services including housing, energy, and childcare assistance in one location.

'Houses Of Houghs Neck' Topic For Seaside Social Club April 12

The Seaside Social Club will meet Tuesday, April 12 at 7 p.m. at the Houghs Neck Congregational Church, 310 Manet Ave., Quincy.

The program topic is "Houses of Houghs Neck"

and will be narrated by local researcher Patti Williams.

Refreshments will be served.

All are welcome to attend the program.

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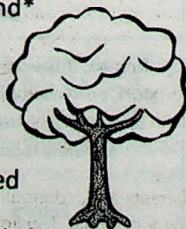
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For more information, please contact friendsoffaxonpark@gmail.com

*Rain Date - April 9th



ISS 5K To Support Mental Health Counseling Sessions

Run Or Walk To Stop The Stigma For Those In Need

One in every five U.S. adults experienced a mental illness last year. Nearly 17% of youth aged 6-17 experience a mental health disorder each year. More than a million people in the U.S. have died from overdoses in the last decade. Mental illness and addiction are prevalent, and we've all been touched in some way. On April 30, hundreds will take to the streets of North Quincy to run and walk in support of mental health in Interfaith Social Services' Stop the Stigma 5K.

Now in its 48th year, the Stop the Stigma 5K encourages awareness and acceptance of mental health and addiction issues while raising funds for Interfaith's New Directions Counseling Center. The Center serves anyone seeking counseling but prides itself on being a safety net for the uninsured and underinsured members of our community by offering services on a sliding



RUNNERS TAKE OFF at the start of a previous Stop the Stigma 5K race. Interfaith Social Services' annual 5K raises funds for their New Directions Counseling Center. This year's in-person race will be April 30 at the Kennedy Center in North Quincy.

Photo Courtesy Hurley Event Photography

scale fee system.

To further break down barriers to receiving treatment, new clients to the New Directions Counseling Center receive their first four sessions free of charge.

"We want clients to focus on their health first," said Interfaith's Executive Director Rick Doane. "Many potential clients do not seek the treatment they need because they think that they will not qualify for the sliding-fee scale or are embarrassed to admit that they cannot afford it. By providing these

free sessions we allow them to focus on getting treatment first."

Proceeds from the Stop the Stigma 5K help offset the cost of thousands of mental health counseling sessions each year for clients across the South Shore. A single 5K registration alone funds one counseling session for a neighbor in need.

This year the Stop the Stigma 5K will be offered in both in-person and virtual formats.

The in-person race will be held April 30 at the

Kennedy Center in North Quincy. The 5K route winds through the Squantum neighborhood, with picturesque views of the Harbor and Boston's skyline.

For those choosing the virtual option, they can run a course of their choice between April 30 and May 6 and submit times online. All participants registering before March 25 will receive a race t-shirt.

Registration is open now at StoptheStigma5k.org.

The 2022 Stop the Stigma 5K is sponsored by many generous local businesses, including 5K Level Sponsors Arbella Insurance Foundation, The Heritage Companies and Quirk Auto Dealers; Gold Level Sponsors Beth Israel Deaconess Hospital - Milton, IntelCare, J. Calnan & Associates and SandBox Medical LLC; and Silver Level Sponsors Baker, Braverman



DAN AND JOY TARDIFF, of Braintree, submitted this image after running Interfaith Social Services' 2021 Stop the Stigma Virtual 5K. Participants this year have the option to run an in-person race on April 30 in North Quincy or run a route of their choice between April 30 and May 6 as part of a virtual option.

Photo Courtesy Interfaith Social Services

& Barbadoro, P.C., Blue Cross Blue Shield of Massachusetts, Burgin, Platner & Co. LLC, First Congregational Church Randolph UCC, FoxRock Properties, Keohane Funeral Home, the Law Offices of William T. Kennedy, P.C., Plymouth Quarries, Point32Health, SIGNET Electronic Systems, South Shore Bank, South Shore Health and United Healthcare. Massachusetts Convention Center Authority is a Media Sponsor. Gold Medal Bakery & Bagel Boy is providing bagels and Polar Beverages will be donating water for race participants.

Interfaith Social Services provides South Shore residents with the resources necessary to support a healthy and fulfilling life. Their programs include one of the largest emergency food programs in Greater Boston as well as a mental health counseling center, homelessness prevention program, the Bureau Drawer Thrift Shop and seasonal initiatives bringing joy to children and families in need.

To find out more about Interfaith's programs, visit InterfaithSocialServices.org.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Chicken Pot Pie

By MARIE

Isn't chicken pot pie one of the best comfort foods ever?

Well today's recipe has an added ingredient to this wonderful entrée. Just a bit more work, but so worth it.

The addition of sauté potatoes makes this dish just a little bit tastier.

Ingredients and Directions:

2 or 3 cups of cooked chicken (You can use rotisseries chicken or chicken previously cooked)

1 cup chicken broth

2 tablespoons of butter

2 tablespoons of flour

1 cup of milk

One package of frozen mixed vegetables

3 medium-sized potatoes, peeled or

unpeeled; cut into thin slices

2 tablespoons of oil (I used olive oil)

If your chicken is not cooked, please sauté the chicken and set aside.

In a saucepan melt the butter, add the flour, broth and milk and stir until thickened.

Now add the frozen vegetables and set aside.

After you have sliced your potatoes sauté them in 2 tablespoons of oil adding the salt and pepper to taste and cook until potatoes are done and set aside.

In a casserole dish add all of the ingredients except the potatoes.

Then layer the potatoes on top of the pot pie.

Bake in 350-degree oven uncovered until potatoes are have a light crisp to them.

Healthy Cinnamon Drink

By SUZIE

Ever crave a cinnamon bun?

Here is a delicious homemade drink that is not only delicious and should calm that craving, but is also good for you. Did you know that maple syrup contains antioxidants, zinc, manganese, and even some calcium.

Zinc helps boost your immune system and manganese helps with carbohydrate metabolism. Everyone knows how good bananas are for you and they also are the main sweetness in this drink. The riper the sweeter, therefore the better! Hope you like it!

1 frozen banana, cut into pieces (I usually peel and cut into pieces and freeze in a baggy)

1 cup unsweetened almond milk or coconut milk

1/2 teaspoon ground cinnamon

1/2 teaspoon vanilla extract

1 teaspoon pure maple syrup

Cinnamon stick, for garnish

Simply blend everything in your high speed blender, ninja, vitamix, whatever you have. (Except for the cinnamon stick!)

Enjoy!

Bethany Congregational Church

On Sunday, March 27, Bethany Congregational Church will have a regular Sunday service at 9:30 a.m.

Rev. Patrick McCorkle will preach, and music will be provided by Paul Frazer as soloist.

Church School classes will be in session and the children will be performing a skit. If you would prefer to stay at home, the on-line

service is available. Check the church website for instructions on how to watch.

For all events at Bethany Church, masks and sanitizer are available. The church is resuming coffee hour after the service in the Allen Parlor.

Bethany Congregational Church is located at 18 Spear St., Quincy. The church website is: bethanyconchurch.org

anyconchurch.org and the email address is: bethanyconchurch@yahoo.com. The telephone number is: 617-479-7300.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.



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Social Security Matters

My Husband Still Works; Must He Enroll in Medicare At Age 65?

By RUSSELL GLOOR
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: There is confusion between my husband and me on when he should file for Medicare. My husband will be 64 in July. While he does plan on continuing to work to age 67 and continuing with his employer's insurance plan, I believe there's a requirement that he file for a certain part of the Medicare retirement plan at age 65, otherwise there's some penalty at some point in the future after retirement. There's lots of confusion with this, and I'm hoping you can explain exactly what the process is in filing for Medicare at age 65 and after reaching full retirement age. Also, please comment on whether continuing with employers' insurance is an option or if you should file for Medicare at age 65.

Signed: Confused About Medicare

Dear Confused: There are two main parts of Medicare to be aware of for this discussion - Part A which is coverage for inpatient hospitalization services, and Part B which is coverage for outpatient services (doctors, medical tests, etc.).

Medicare Part A: Assuming your husband is eligible to collect Social Security when he turns 65 (he'd needn't be collecting it, only eligible to), there will be no premium associated with Medicare Part A (thus no penalty if he delays claiming it). If his employer coverage is "creditable" (which is a group plan with at least 20 participants), then he can defer enrolling in Part A until 1) his employer hospitalization coverage ends, or 2) he starts collecting his Social Security benefits (enrolling in Part A is mandatory for those who are collecting Social Security after age 65). He may also wish to check with his employer's HR department to see if his employer plan requires him to enroll in Part A when he turns 65. However, if your husband enrolls in Part A and has a Health Savings Account (HSA) through his employer, any contributions made to his HSA account after the month before he is 65 will be subject to an IRS penalty and become taxable income.

Medicare Part B: There is a monthly premium associated with Part B, but if your husband has "creditable" healthcare coverage from his employer when he turns 65, he can simply defer enrolling in Part B until his employer coverage ends and there will be no Late Enrollment Penalty for waiting. When his employer coverage ends, he will enter an 8 month Medicare Special Enrollment Period (SEP) during which he can enroll in Part B without penalty. But if he doesn't enroll during (or before) his SEP and enrolls in Part B later, he'll be subject to a Late Enrollment Penalty which would increase his Part B premium by 10% for each full year he goes without "creditable" coverage after age 65. FYI, your husband can also enroll in Part B shortly before his employer coverage ends and specify that he wishes his Medicare coverage to start on the 1st of the month following the end of his employer coverage (to avoid any gap in coverage). When your husband enrolls in Part B, he must also enroll in Part A (at no additional cost). FYI, Part B premiums can increase yearly - the standard 2022 Part B premium is \$170.10/month.

There is another Medicare element called "Part D" which is coverage for prescription drugs. Prescription drug costs are not covered by Medicare Parts A/B and such coverage must be acquired separately if desired. When your husband's prescription drug coverage from his employer plan ends, he'll need to separately acquire (through a private insurer) drug coverage during his SEP, or there will be a separate Part D late enrollment penalty for acquiring drug coverage thereafter.

The bottom line is this: If your husband's healthcare coverage from his employer is "creditable" he can simply defer enrolling in Medicare until his employer coverage ends, and there will be no late enrollment penalty for doing so (unless he waits beyond his SEP to enroll).

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

FBMS Announces New Directors

Bob DiGiovanni And Jennifer White Named To Non-Profit's Board

Father Bill's & MainSpring (FBMS), a 501(c)(3) non-profit organization dedicated to ending homelessness in Southern Massachusetts, announces two new members to its Board of Directors: Bob DiGiovanni and Jennifer White.

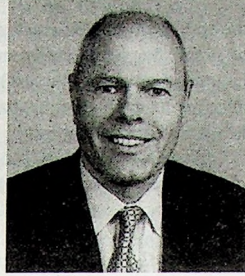
DiGiovanni, a resident of Scituate, is the director of Cash Management and Municipal Banking at South Shore Bank. White, a Milton resident, is vice president of Community and Public Relations for HarborOne Bank and president of the HarborOne Foundation.

White and DiGiovanni join FBMS' mission at a critical time as the non-profit advances its transformative Housing Resource Center initiative in both Quincy and Brockton and continues exploring innovative solutions to fight homelessness in a post-pandemic recovery. The agency currently operates more than 600 permanent supportive housing units for formerly homeless individuals, families, and Veterans.

"We are excited Jen and Bob are joining our Board and bringing their unique set of skills, talents, and experiences to our mission," said John Yazwinski, FBMS president and CEO. "HarborOne Bank and South Shore Bank are longtime supporters of FBMS and both banks are committed to lifting up and empowering their neighbors facing a housing crisis. As our agency continues to grow and create more housing opportunities for our most vulnerable, Jen and Bob will play an important role in helping us end homelessness on the South Shore and across Southern Massachusetts."

DiGiovanni, who joined South Shore Bank in the spring of 2021, has 25 years of banking experience and a solid record of providing innovative cash management solutions. DiGiovanni is leading the bank's expansion and increased emphasis on cash management services for commercial customers.

"Father Bill's & MainSpring has helped so many people in their fight to end homelessness. I'm honored to be part of such a



BOB DIGIOVANNI

fantastic organization and enthusiastic about the several new projects underway that will allow us to have an even greater impact on helping people struggling with homelessness," said DiGiovanni.

In her role as vice president of Community and Public Relations, White is directly responsible for HarborOne Bank's corporate contributions, volunteer engagement and public relations. She serves as external liaison to non-profit, governmental and media organizations, and she helped launch the HarborOne Foundation, currently serving as the Foundation's president.

"I so admire the critical work and leadership of Father Bill's & MainSpring.



JENNIFER WHITE

The nonprofit's tireless and innovative efforts to end homelessness across the region serves as a model for many other organizations," said White. "I am honored and excited to join the Board of Directors and work alongside such an incredibly dedicated and talented group of leaders."

The FBMS' Board of Directors Executive Committee:

Chairperson Dr. Michael Kryzaneck, special assistant to the president, Bridgewater State University; Vice Chairperson Mary Catherine Finn, PNP, pediatric nurse practitioner, Village Pediatrics; Treasurer James Oslin, CPA, partner, Jesson, Oslin & Associates, LLP; and secretary Joyce Hogan, program coordinator, Val-

entine Street Program for Women.

Other Board members include: H. William (Bill) Adams, III, realtor, Coldwell Banker; David Arnold, vice president, Total Rewards and People Services, Blue Cross Blue Shield of Massachusetts; Corey Anne Beach, program manager, Audio, The New York Times; Al Becker, president/COO, Jack Conway; Ronald Chapman, retired, former facility manager, DHS, U.S. Coast Guard; Katrina Hartwell, head of kids, KEEN Footwear; Kervins Jean, U.S. compliance officer, Bitstamp USA Inc.; Elizabeth Kim, retired, former assistant vice president of Claims, Arbella Insurance Group; Joyce Livramento-Young, SER-Jobs for Progress, Inc.; Francis J. (Jay) Lynch, III, Esq., attorney, Lynch & Lynch Attorneys; Robert M. Pineau, president and CEO, Electro Switch Corporation; Jane Wing, vice president, The Cooperative Bank; and Rev. Adolph H. Wismar, Jr., pastor, Wollaston Lutheran Church.

For more information, visit helpfbms.org.

City of Quincy

RABIES VACCINATION & DOG LICENSE REGISTRATION



SATURDAY, APRIL 16, 2022
10:00 AM. TO 1:00 P.M.

(RAIN OR SHINE)

Richard J. Koch Complex
Parks Department, 1 Merrymount Pkwy
Quincy, MA 02170

RABIES VACCINATION

Fee: \$10.00 Cash Only
Dogs & Cats

Please bring proof of current rabies shot or call the City Clerk's Office to verify expiration date of the rabies shot.

Any dog renewed after May 6, 2022 will be charged a \$10 late fee.



DOG LICENSE

Fee: \$10.00 Cash Only

Please bring proof of current rabies shot or call the City Clerk's Office to verify expiration date of the rabies shot.

RENEW BY MAIL

Please make check payable to:
City of Quincy

Mail to:
Quincy City Clerks Office
1305 Hancock Street, Quincy MA 02169

If you no longer have your dog or have moved out of Quincy: Call us at 617-376-1135 or 1136 so we may update our records.

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On Wednesday, March 16, members of the Quincy Police Drug Control Unit were conducting surveillance in the Quincy Center area.

At approximately 7:10 p.m., detectives observed a 2007 gray Toyota Camry pull into the driveway of an apartment building. Detectives ran the plate and observed that it had been queried numerous times in the last 3 months. Detectives observed the Camry stop near the common entrance door on the left side of the building. The female passenger went in the building as the Camry turned around and again stopped at the door. After about 20 seconds, the female exited the apartment building and got back into the Camry. The vehicle then left the area.

Members of the DCU know that short duration visits to a residence are consistent with street level drug sales. Members of the DCU believed that a drug transaction had taken place inside the apartment building. Detectives entered the building to speak with a specific resident, as the door entered leads to the resident's apartment and the resident is a known drug user. Detectives knocked on the resident's door, but the resident refused to open the door and kept yelling "I did nothing wrong."

Detectives following the Camry requested Officer Foley and Officer Dabilis to assist in stopping the Camry to further investigate their suspicions that a drug deal had just occurred. The Camry was stopped on Quarry Street at O'Rourke Playground. When Officer Dabilis stopped the Camry, he observed the Camry begin to rock back and forth. Officer Dabilis went to the driver's side and Officer Foley went to the passenger side. As they approached the vehicle they observed the windows had dark tint. When Officer Dabilis got to the driver's door, the driver rolled the window down. The female was now in the driver's seat. Officer Dabilis asked her for her license and registration, which she provided, but kept reaching around afterwards. For his safety, Officer Dabilis asked her numerous times to stop reaching around.

As Officer Dabilis spoke with the operator, Officer Foley was at the passenger side door. Officer Foley was having trouble seeing inside due to the tint on the windows. Officer Foley illuminated the inside with his flashlight and observed a black Nike satchel at the feet of the male passenger. Officer Foley knows that these types of satchels are often associated with firearms and narcotics. Officer Foley asked the male to exit the Camry to conduct a pat frisk. Officer Foley immediately felt a plastic bag containing drugs. Officer Foley removed the item and observed that it was a

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer
Quincy Police Department

plastic bag of alleged crack cocaine. Officer Foley placed the plastic bag back into the male's pocket so he could place the individual into custody. Officer Foley asked the male to place his hands behind his back. The male then pushed off the Camry and fled on foot.

Officer Dabilis and DCU detectives, who had just arrived on scene, chased after the male. He was described as a tall black male, 25-35 years old, shoulder length dreads, thin rimmed glasses, and all dark clothing. Officer Foley stayed back at the Camry. Officer Foley read the driver her Miranda Rights to which she stated she understood. The female stated that she had just come to the playground (O'Rourke playground) and had just picked up the male at the playground to go on a date. She denied knowing the male that had just run. Officer Foley searched the car and located three plastic bags of marijuana in the glove box along with a digital scale. Also located in the car was \$370 dollars.

Officer Foley then had K9 Charlie conduct a sniff of the free surrounding air of the female. Canine Charlie alerted to the presence of an odor of drugs emanating from the back shoulder area of the female. Officer Murray then retrieved two plastic bags of crack cocaine from the female. She then admitted to detectives that she was the passenger of the vehicle but when they got pulled over they switched seats. She also admitted that she went into the building on Elm Street and sold a \$20 bag of crack cocaine to a resident.

A BOLO (Be On The Lookout) was given out for the male who fled. Once spotted behind the Home Depot, the male again took off running. After an exhaustive search, the male could not be located.

The 28-year-old female from Medford was placed under arrest for Possession With Intent to Distribute Class B (crack cocaine) and Possession with Intent to Distribute Class D. The female contacted a licensed driver who arrived on scene and took custody of the Camry. The \$370 U.S. currency and (3) cell phones were seized from the female as detectives believed the money was proceeds from drug transactions and the cell phones were used to facilitate those deals. The money and phones were placed into evidence. A field test on the rock-like substance seized from the female was found to contain cocaine.

On Thursday, March 17, a DCU detective observed this same Camry on Willard Street. The Camry was observed going behind 145 and 138 Willard St. This was in the same area where the passenger had fled on foot. Detectives believed that the occupants of the vehicle may be looking for something that was discarded during the foot pursuit the previous night. The tint on the windows was so dark that the occupants could not be identified.

The vehicle was followed as it drove towards the Quincy Police Station. The female operator, who was arrested the previous evening, drove through the red light at Coddington Street and Hancock Street and then parked across from the police station at Bearde's Gas Station. She exited the Camry and began to walk towards the Police Station. At that time, Officer Foley pulled in front of the Camry with his emergency lights activated to conduct a motor vehicle stop. The front seat passenger was identified. The rear seat passenger was identified by Officer Foley as the male who had fled on foot the previous night. Officer Foley attempted to place the male under arrest for drug charges from the previous night. Officer Foley asked him to place his hands behind his back but the individual refused. Officer Foley attempted to place the male's right hand behind his back but he would not comply. Officer Foley told him several times to stop resisting, but the male refused to put his hands behind his back. Officer Foley, with the assistance of Officer Dabilis, was eventually able to place the male in custody.

Officer Foley had his narcotics trained K-9 "Charlie" conduct a sniff of the free surrounding air of the male. K-9 Charlie alerted to the presence of an odor of narcotics emanating from the groin area of the male. The male admitted that he possessed drugs in his underwear. The male reached in his underwear and retrieved a knotted plastic bag which contained a medium sized rock of crack cocaine (approximately 11 grams) and handed it to detectives. The male also possessed \$504.

The 27-year-old male from Boston was transported to the Quincy Police Station where he was charged with possession with intent to distribute Class B (cocaine), operating after suspension (previous night), and resisting arrest. The plastic bag of rock-like substance was analyzed and found to contain cocaine. The contraband was then placed into evidence. The \$504 U.S. currency and a Samsung Galaxy cell phone were seized pending civil forfeiture. Detectives believe the money is proceeds from drug sales and the cell phone was used to facilitate those transactions.

The female operator was issued a citation for the red light violation and sent on her way. Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, MARCH 11

LARCENY, 5:44 a.m., Southern Artery. Caller states his manager took money from the register and left in his car. Caller hasn't seen or heard from her since 4 a.m. Manager is not answering her phone and has done this once before. Manger called saying she was scammed out of the money. She was transferred to Officer Rosenthal.

VANDALISM/PROPERTY, 9:54 a.m., Falls Boulevard. Windshield is smashed. Tires slashed.

LARCENY/MOTOR VEHICLE, 1:40 p.m., Falls Boulevard. Not larceny. Car repossessed.

LARCENY, 6:24 p.m., Broad Street. Caller states she gave her friend a winning scratch ticket to cash on her behalf and her friend took the winnings. Has suspect info. Caller advised.

SUNDAY, MARCH 13

LARCENY/MOTOR VEHICLE, 1:03 a.m., Revere Road. Believes moped was possibly stolen with the last few hours. States that his keys to it are also missing. Caller was unable to give a registration to the moped but states it is black with no headlight. No suspect information.

LARCENY, 8:50 p.m., Sextant Circle. Caller states that female in other apartment possibly stole her package or received it by mistake; she cannot ask this party due to a restraining order and would like to speak to an officer. No packages stolen. Advised.

MONDAY, MARCH 14

LARCENY, 9:32 a.m., Rhoda Street. Credit card.

VANDALISM/PROPERTY, 11:33 a.m., Southern Artery. Main office door, glass is smashed by a rock. See caller on scene. Has video.

BREAKING AND ENTERING, 12:11 p.m., Bicknell Street. Dog is missing. Door does not appear damaged. There is a note from employee who saw male carrying a dog. Dog was reunited with owner.

LARCENY/MOTOR VEHICLE, 4:47 p.m., School Street. Vehicle was last seen on March 13.

TUESDAY, MARCH 15

LARCENY, 11:05 a.m., Union Street. Medications.

LARCENY, 3:36 p.m., Quarry Street. Packages from Amazon and UPS missing from common-area mail room on first floor. Proof of recent delivery. Already worked out issue with shipper, just wanted advice.

VANDALISM/PROPERTY, 3:42 p.m., Quadrant Circle. Believes sugar was put into her gas tank. No suspect info.

BREAKING AND ENTERING, 6:23 p.m., Ring Avenue. Damage to door. Happened sometime between 6:30 a.m. and 6 p.m.

LARCENY, 6:45 p.m., Southern Artery. Caller states an employee stole merchandise and is there waiting for police to come. Took seat covers, wiper blades, drinks and other small items.

ASSAULT AND BATTERY, 9:45 p.m., Hancock St. Caller said there is a male party with head laceration who was just assaulted. Male is drunk. Male is in the lobby.

Brewster notified. One to Carney. No suspect info.

WEDNESDAY, MARCH 16

ASSAULT AND BATTERY, 11:21 p.m., Vassall Street. Two males fighting with a knife and another weapon. Actively fighting, threw knife on the floor, other party has a stick. Caller has made many threats against the other people. EMS. One to Carney. Staff to follow up as well.

ATTEMPTED BREAKING AND ENTERING, 11:26 p.m., Hollis Avenue. Caller reports someone attempted to break into her house through her front door twice today.

LARCENY, 11:27 p.m., Newbury Avenue. Caller states parts of bike were stolen.

THURSDAY, MARCH 17

VANDALISM/PROPERTY, 8:05 p.m., Sharon Road. House was egged. No suspect info at this time. Caller washed damage off her house, just wanted incident logged.

Total Calls For Service (March 11-17): 1,064

Breaking and Entering Motor Vehicle: 100 block Hancock Street (4), 600 block Hancock Street.

Larceny Motor Vehicle: School Street, Revere Road.

Breaking and Entering in the Past: Ring Avenue.

Breaking and Entering Attempt: Hollis Avenue.

Entries in the Quincy Police Crime Awareness Journal are compiled and submitted by the Quincy Police Department. The following are included in the journal:

Assault and battery, breaking and entering/progress, breaking and entering/attempted, larceny over/under, attempted larceny, larceny motor vehicle, armed robbery, attempted rape, vandalism private property and indecent exposure

The journal is published by *The Quincy Sun* as a public service to make local residents more aware of crime activity in their neighborhood.

Readers and the public are also welcome to view the Press Journal that is published (on Tuesday) of every week on the Quincy Police website: https://www.quincyma.gov/departments/police/resources/press_journal.php#outer-88

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Hydrant Flushing Starts Next Month

Cont'd From Page 1

to be replaced.

"This also helps us to identify any issues along the way with hydrants that may need to be replaced," he said. "That's part of the process also."

The hydrant flushing will be done in three phases, with each phase taking place in a different section of the city. There are 24 to 58 routes within each section, Olson said, and each route has eight to twelve hydrants that need to be flushed, meaning more than 1,300 hydrants will be flushed citywide.

"For flushing to be effective, it starts at a source of clean water and then proceeds sequentially through

the distribution system," Olson said, later adding that flushing is done along one route then another, "so that you're drawing water through a clean section and flushing to the next section."

The first phase of hydrant flushing will take place in West Quincy, South Quincy, Quincy Center and Quincy Point in April and May of this year. Flushing will start in those areas because most of the connections to the MWRA system are located there, Olson stated.

The second phase will take place in the vicinity of Adams Shore, Germantown and Houghs Neck in October and November of this year.

The third phase will take place in Wollaston and North Quincy in April and May of 2023. Grazioso said the schedules for the individual sections were still being finalized.

The DPW plans to flush Sundays through Thursdays, excluding holidays, Olson said. Flushing will be done overnight, starting between 8 and 10 p.m. and concluding between 4 and 6 a.m.

"The hours would change based on the neighborhood and based on the type of customers in the area," Olson said.

The hydrant flushing is done during nighttime hours because water usage is typically lower than during the

daytime, Olson said. The water remains safe to drink while the flushing is ongoing but may be discolored.

"Although the water is still safe for consumption during flushing," Olson said, "customers should avoid using water, for example doing laundry, washing dishes, in the evenings while crews are flushing in their neighborhoods."

The DPW will be using its own employees to run the flushing program. The department will have a flushing manager to handle the day-to-day operations, such as sending the crews out and planning which routes will be done to keep the sequence going. Department

employees will be the ones flushing the hydrants and the department will also have response team to available to address customers' concerns.

One of the most important aspects of the flushing program is the public relations campaign to residents, businesses and other water customers about what is going to happen, Olson stated.

"The DPW wants to get the word out, get the message out about the flushing program," he said.

The presentation at the March 7 council meeting was part of the public relations campaign, Olson said. The DPW will also send emails to the heads of other departments, like the fire chief and police chief, describing the dates and times when the hydrants will be flushed. Similar notifications will be sent to stakeholders like schools, daycares, nursing homes and restaurants. DPW staff will also meet directly with critical customers to discuss the program with them.

Information about the program will also be made available on the city website, quincyma.gov; on local cable television and local newspapers; and on elec-

tronic message boards. The reverse 911 system may also be used to provide notifications to neighborhoods before hydrant flushing begins.

Ward 5 Councillor Charles Phelan Jr. said it would be important to notify restaurants who stay open past 9 p.m. about the flushing program.

"Be careful when you're coming near a business area where there's restaurants, because they may go past 9 o'clock at night - some of them are open to actually 1 o'clock," he said. "I think it's really important that you let them know."

Council President Noel DiBona asked that councillors be provided with a schedule of neighborhoods where the hydrant flushing will take place once it is finalized so they can alert constituents.

"Let us know so we can get our constituents ready to really alter a bit of their plans and be particularly ready," he said. "We need to know this ahead of time so we can actually have a plan of attack to let our constituents know, whether it be through newsletters or social media, whatever the case may be."

School Officials Interviewing Applicants For EDI Director

Cont'd From Page 1

"We're hoping it will be sooner rather than later, but we do have to work through those logistics," Mulvey said.

Mulvey announced plans to hire an equity, diversity and inclusion, or EDI, director in December, after students at the city's two high schools walked out of class to protest racism and hate speech. The new position has a budgeted salary of \$120,000 and the director will serve on the superintendent's leadership team, also known as the SLT.

In a February interview, Mulvey said the new EDI director's primary focus would be to help hire a qualified, diverse staff that better reflects the diversity of the student body.

"Our main focus obviously for the EDI position is helping us to identify and recruit highly qualified, diverse staff so that our staff is more reflective of the student body we are serving. That has been a priority of School Committee and certainly a priority of mine," Mulvey said at the time.

"It is a big task because obviously these positions, particularly educator positions, require licensure and I think the percentage of licensed persons of color across the state is somewhere between 10 and 12 percent. All the districts now in Massachusetts are competing for that same pool and Boston typically and historically has been the school district that absorbs most of those available educators."

The new EDI director will also work with staff on professional development focused on restorative justice practices, Mulvey said in that same interview.

"The second piece is our professional development in restorative practices across the district, which I know has been big across the state and certainly a focus that we have here in Quincy. That's making sure that the school department is handling very difficult topics like race and racism and just general interpersonal and disciplinary issues within the district. Making sure we're handling it with a more holistic approach and not just from a heavy-handed discipline approach," Mulvey said.

"We're trying to bring people together and trying to get them understand the negative consequences of their behavior. This is what the state is asking us to do

as well, so we're onboard with that.

"Obviously some student disciplinary offenses rise to the level that we have to actually just take discipline and parents are concerned that we're not doing that, but certainly we'll continue to maintain discipline where it is needed. But, for those lower-level offenses, tier one offenses, we would be looking to do restorative practices on that."

Restorative practices can also be used to help make sure students feel they are in a safe and welcoming school environment, the superintendent added.

"That's not just for discipline, but also for like community trauma say for

instance...something really negative happening within the school community. We can use these restorative circles, bring kids together and make sure they're expressing their feelings about this event, which may have been traumatic for them, and helping them work through it," Mulvey said.

'Joe's Crazy Critters' Show At Kennedy Center April 22

The Quincy Council on Aging will present "Joe's Crazy Critters" Friday, April 22nd at 1 p.m. at the Kennedy Center, East Squantum St., North Quincy.

Joe's Crazy Critters Shows are fun educational reptile shows with a close-up, hands-on approach to learning while having a blast. The shows feature

creatures from all around the world. Learn something about these amazing animals and why they are important to our world.

Bring your grandchildren, nieces, nephews \$5 per adult, children are free but must be accompanied by an adult.

Payment due at time of registration. Stop by the Kennedy Center for tickets.

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- ✓ Retaining Walls, pier/dock designs and permitting.

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Website: <http://atlanticcoastengineeringllc.com/>

Email: info@atlanticcoastengineeringllc.com



Real Estate

Quincy Real Estate Transactions March 14 - March 18

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Nathan Morena	Jacob Lafser & Gabrielle Miller	\$547,000.00	10 Sachem Park
Sammi M. Sinno	Abdelkarim Gouzoule	\$915,000.00	59-61 Germain Street
Shumins Mill Street LLC	Emily Hamel & Ethan Doiron-Larue	\$618,000.00	42 Mill Street, Unit 5
Brendan P. Glynn	Hoang A. Duong	\$240,000.00	780 Willard Street, Unit C-7
Patrick J. & Joyce W. Lovett	Joanne Dolan	\$393,000.00	21 Linden Street, Unit 131
Revocable Living Trust of Giuseppe Pagnani-2010	Shu Y. Chen & Bin Lin	\$1,200,000.00	142-144 Glendale Road
Eileen M. O'Malley	Corinne Spitzer	\$615,000.00	56 Cliff Street
Muoi Le, Melinda Long & Hoang Nguyen	Yuxia Zhang	\$638,000.00	100 Elm Street
Neponset Point LLC	Daniel Ferrante & Annabel R. Hernandez	\$1,030,000.00	57 Quincy Shore Drive, Unit PH-N
John E. Volpe Jr Trust	Lingying Zuo	\$520,000.00	40 Filbert Street
Amy M. Brugnoli	Liesel C. & Clifford Dsilva	\$580,000.00	169 Sea Street, Unit 2
Barbara J. Geary	Debbie Knowlton	\$430,000.00	100 Marina Drive, Unit 615
629 East Sixth Street Realty Trust	Wade L. & Janet S. Lindhorst	\$875,000.00	2001 Marina Drive, Unit 208W

BBB Tips For Hiring Construction, Remodeling Services

By BETTER BUSINESS BUREAU

There are many motivations for taking on a remodeling project -- improving curb appeal, adding new features to a room, updating your interior, etc. Before starting construction or remodeling project, homeowners need to consider carefully who should work in your home; find BBB rated remodeling companies near you.

There are also some specific things to consider before work begins.

Plan your project from start to finish. Talk to friends or family members who have had remodeling work that you like. Try to find pictures of what you like to show the contractor what you want. If you are leaving any decisions up to the contractor, make sure you put budget and material requirements in the contract. Be clear about who is responsible for ordering materials and when they need to do it. Remember that delivery and construction times may affect your schedule; decide what time workers may be in your home and where they should store any materials and equipment when they are not there.

Figure out your entire budget. Don't forget things like eating out more than usual if you are doing a kitchen remodel, or hotel expenses if you will have to move out of your home during any of the work. Expect to have a little extra money in the budget to cover any unexpected expenses, especially when working on an older home. Decide if you need to split the project into phases, based on how the budget is shaping up. If the contractor arranges financing for the remodeling work, be sure you understand all aspects of the

terms, especially you are taking out a second mortgage on your home or a home equity line as security. You may want to ask about putting an arbitration clause into your contract, in case of any dispute between you and your contractor. Get all changes in writing before work continues.

Inspect prior work. When you talk to potential contractors, ask them for examples of work they have done that is similar to what you want. Find out if it is possible to contact previous clients and to inspect the work that was done for them. You will also want to ask the client if the project was finished on time, if they were satisfied with the work, and if there were any unexpected costs added during the project.

Ask and check to see if the contractor is licensed and bonded in your city and state to perform the work. Be sure to check out their BBB profile for reviews and licensing information.

Approve architectural plans. If your project requires plans from an architect, make sure you are involved in discussions with them and that you approve any plans before work begins.

Research permits. Talk to your remodeling contractor about permits, but also do independent research to find out what is required. Make sure the remodeler will be able to obtain permits before starting the work.

Ask Barbara Graceffa: 'Secretary Of The Interior'

Peel And Stick Wallpaper: Simple Or Simply Vexing?

By BARBARA GRACEFFA

Thinking of trying temporary wallpaper as a spring spruce up? As long as you apply it correctly and to the proper surface, you will enjoy your new wallcovering for many years to come. Yet, it might not be the right choice for you.

Like its traditional counterpart, removable wallpaper comes in many designs, colors, and styles and uses the same installation tools. Available as smooth paper or with textures like brick, wood, and cement, you can purchase either long rolls or pre-cut panels. Similar in price structures too, individual roles begin at \$30 with more pricier patterns going for \$100 and up.

The benefits of peel and stick are significant. Easy to apply requiring no glue or soaking pre-pasted paper, you will save prep, clean up, and drying time over its traditional twin. Easy to clean with a damp microfiber cloth, temporary wallpaper is also removable (a major plus for renters!) and reusable.

When it comes to the challenges of temporary wallpaper, take heed. It is tedious and harder to match the seams. The glue in traditional wallpaper helps slide the seams into place

and hold them. It is also less durable than pasted wall coverings which actually become part of the wall versus a decal sticking to the surface. Speaking of installation, it tends to bubble and peel more than its traditional twin. Susceptible to heat, humidity, and water, think twice before installing in the kitchen, bathroom, or near a fireplace (or plan to replace it sooner than you may have wanted).

Also, it is VERY sticky. I remember reading about one woman's advice not to do this when the children are home or to just plan on putting \$100 in the swear jar as the paper often sticks wrong, sticks to itself, or sticks to your hair during the installation. This can be minimized by peeling the backing paper just a few inches at a time and starting and smoothing from the seam side outward.

Most importantly, don't rush into the project. Your walls must be smooth, and painted with a premium semi-gloss, satin or eggshell finish and cured 2 to 4 weeks before applying. And allow your wallpaper to rest before adhering to the wall; in other words, cut the proper lengths and lay them on the floor following manufacturer's suggested timelines.

Despite the tempting benefits of peel and stick wallpaper, the downsides are considerable. In my opinion, give me DIY pre-pasted wallpaper any day or hire a professional wallpaper installer.

Barbara Graceffa owns and operates Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her services, workshops and quilt shows at www.sec-interior.com, read her blog at secretary-interiordecorating.blog and enjoy her art quilts on Instagram @secretaryinteriordecorating. You can reach her at 617-921-6033.

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Upgrades Eyed At Five Quincy Schools

Cont'd From Page 1

ceptance into the program is not guaranteed.

"It is an expedited process on their end to help get these relatively simple programs underway, and generally speaking they are for energy conservation purposes," Paul Hines, the city's commissioner of public buildings, said of the MSBA accelerated repair program.

Mayor Thomas Koch would have to return to the City Council to seek an appropriation to cover the cost of the repairs should the MSBA approve the city's request.

"Tonight is not obviously seeking an appropriation of any funds," Hines said.

"It is really just an endorsement or a vote of support to authorize and allow the superintendent and my office to go forward with filing an application or statement of interest to the MSBA under the accelerated repair program to do these projects.

"We would be before you again in the future if we are successful and are invited in by the MSBA on these various projects, either all or some. They don't need to take them all and they don't need to take any, but if any are successful, we of course would be before you again at that time."

The Broad Meadows Middle School was built in 1957 and was recently renovated to address mechanical and cosmetic damage caused by severe coastal flooding during a March 2018 nor'easter. According to the statement of interest approved Monday, "Sections of the school's roof are in need of replacement as they are past the expected service life."

The Point Webster Middle School was built in 1917 and renovated in 1998; during that renovation, the building's windows were refurbished but not replaced. The statement of interest says, "the school's energy efficiency would be substantially improved by the installation of replacement windows." In addition, "new replacement windows would also increase the amount of natural light entering classrooms, creating a better learning environment."

The Parker Elementary School was built in 1917 and renovated in 1955 and 1995. Because of innovations in HVAC technology since the 1990s, the statement of interest says, "the school's energy efficiency would be substantially improved by the installation of a replacement boiler." Plus, "sections of the school's roof are in need of replacement as they are past the expected service life."

The Wollaston Elementary School was built in 1912 and renovated in 1987. The statement of interest

says that "Sections of the school's roof are in need of replacement as they are past the expected service life."

The city has partnered with the MSBA for accelerated repair projects in school buildings before, including a replacement of part of the roof at North Quincy High School and the installation of new boilers at the Atherton Hough, Beechwood Knoll, Montclair and Wollaston elementary schools.

Hines said the city has identified other schools in need of repairs through the MSBA program, but they are not yet eligible.

"The MSBA does have years-of-age guidelines for particular projects, so although there are more that we would like to do, other projects are not qualified as of yet," he said.

Council President Noel DiBona thanked Hines for his work on the school projects.

"Thank you for all your hard work over the years in doing these statements of interest and getting them and being proactive and checking on all these schools," DiBona said. "I really do appreciate it."

Hines credited Laura Owens, the assistant to Supt. Kevin Mulvey, for her work on the MSBA programs.

"I appreciate your kind words to me, but in regards to keeping on schedule with the MSBA, we cannot leave out Lauren Owens at the superintendent's office," Hines said. "She does an amazing job, she's a great asset, and I can't let you thank me without acknowledging her."

Net-Zero Emissions Sought For New Squantum School

By SCOTT JACKSON

City councillors want the city to explore the possibility of making the Squantum Elementary School a net-zero emissions building as part of the feasibility study for the new facility.

Councillors on Monday approved a resolution, resolving that the "feasibility study for the Squantum

School also include the goal of a net-zero emissions buildout" in a unanimous vote. The resolution was sponsored by Councillors Nina Liang, Anne Mahoney, Anthony Andronico, Charles Phelan Jr., William Harris and Noel DiBona.

Liang had put forward an initial version of the resolution on March 7, the same

night councillors approved borrowing up to \$1.5 million to begin the feasibility study for replacing the 103-Squantum Elementary School. Liang at the time said city has a proven track record of constructing energy-efficient schools but said it would be important to formalize the administration's

Cont'd On Page 31

Quarry Museum April Opening

The Quincy Quarry and Granite Workers Museum will open on Saturday, April 2nd and Sunday, April 3rd from 11 a.m. to 3 p.m. for a self-guided walking tour of the Lyons Turning Mill grounds located on Quarry Hills Drive, West Quincy.

Historic pictures of the granite industry with interpretive information on each

picture and interpretive information on artifacts located around the Turning Mill can be viewed.

The museum will also be open for a self-guided tour to view pictures and artifacts from Quincy's granite industry. Museum members will be on hand to answer questions and Quarry Museum T-shirts will be on sale

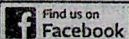
to help support the museum.

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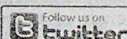
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Public Access Channel 8

Thursday, March 24
6:00pm: Bethany Congregational Church
8:00pm: TCPL: Victorian Flowers

Friday, March 25

11:30am: LIVE: Currently in Quincy
10:00pm: Irish Whip Podcast

Saturday, March 26

11:00am: Alive & Kickin'
3:00pm: AM Quincy: State Rep. Tackey Chan

Sunday, March 20

11:30am: Good News
1:00pm: The Call

Monday, March 27

11:30am: LIVE: Currently in Quincy
7:00pm: CIQ Interview: QARI

Tuesday, March 28

7-9am: LIVE: AM Quincy w/Joe Catalano
9:00pm: Irish Whip Podcast

Wednesday, March 29

6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, March 24
7:30pm: Quincy In Focus
4:00pm: Board of License Commissioners 3/22
4:30pm: Zoning Board of Appeals 3/22

Friday, March 25th, 2022

7:00pm: In the Know: Senior Tax Credit
7:30pm: Legislative Update w/Rep. Bruce Ayers
8:00pm: TCPL: Victorian Flowers

Saturday/Sunday, March 26/27

12:00pm: City Council incl. Public Hearings 3/21
3:00pm: Concerts at the Crane: Aine Minogue
4:00pm: Board of License Commissioners 3/22
4:30pm: Zoning Board of Appeals 3/22
7:00pm: City Council incl. Public Hearings 3/21

Monday, March 28

7:00pm: State View: Representative Tackey Chan

Tuesday, March 29

7:00pm: LIVE: Animal Behavior for the Photographer

Wednesday, March 30th, 2022

11:00am: TCPL: Aging Strong
6:00pm: In the Know: Norfolk County Sheriff
7:00pm: Guangzhou Association of Boston

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

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Quincy Art Association Classes For Adults, Kids

The Quincy Art Association announces its new spring line-up of classes for adults and kids. The QAA studios are located at 26 High School Ave., Quincy.

Adult Classes

Figure Sculpture/ Dan Myers: We will be sculpting a 1/4 life size clay figure from a live female model in a reclining pose. Focus will be on gesture, proportion, bone & muscle anatomy, surface modeling and use of special tools for details. All pieces will be fired in a kiln to terracotta and information on patina and mounting for exhibit will be offered. All materials: model fee, clay, tools, and use of kiln are included.

Mondays starting April 4, 7 to 10 p.m., 6 classes. Members \$220, Non-Members \$250

Portrait Sculpture/ Dan Myers: We will be sculpting a life size head in natural clay from a live model and reference photos and measurements of the model. Anatomy and planar construction of the skull and head will be referenced, and each feature addressed in detail: eyes, nose, mouth, ears, hair. The model can be friend or loved one of the artists (and paid \$15/hr. for 6 sessions)

Wednesdays starting April 6, 9 a.m. to noon, 6 classes. Members \$220, Non-members \$250

Open Studio Life Class/ Dan Myers and Kris Kreitman - Model Coordinators: This is an unstructured class for artists to drop in and draw or paint the portrait of a clothed model or the figure of a nude model. Poses are for 3 hours. Open to all levels and media. Must be 21 years old.

Tuesdays, ongoing, 7 to 10 p.m. Artists pay \$15 for the model. Send your email/contact information to: danielmyersiii@me.com for weekly info.

Fundamentals of Drawing/ Isabel Shamitz: We will use charcoal and graphite pencils to explore tonal value using photo reference and still life objects. A choice of group and/or personal projects, along with attention at all levels will be offered. Demonstrations and instruction in sight-sizing, tonal values, and basic linear perspective. Note: See supply list online, not included in class fee.

Mondays, starting April 4, 10 a.m. to noon, 6 classes. Members \$150, Non-members \$180

Fundamentals of Oil Painting/ Isabel Shamitz: Come try your own style of painting! This is an introduction to the properties of oil paints. Use of brushes, liquid mediums, painting surfaces, and other tools will be discussed. Explore the ways to execute your personal style and approach within the 2-dimensional surface. See supply list online, not included in class fee.

Tuesdays, starting April 5, 10 a.m. to noon, 6 classes. Members \$150, Non-members \$180

Clay Potter's Wheel/ Sue Hoy: This ceramic class will cover basic wheel techniques. Independent projects are welcomed. Open to all levels of students. All materials and firing are included.

Thursdays, starting March 10, 6 to 9 p.m., 6 classes Members \$220, Non-members \$250

Adult Workshop

Location: QArts Gallery, 1229 Hancock St. Quincy

Jewelry Making/ Linda Santoro: Maximum of 6 people. Learn the fundamentals of how to make your own earrings, bracelet, or necklace using precious metals and semi-precious gemstones as well as other materials.

Materials and tools included as well as light refreshments.

Questions? Email flsantoro@comcast.net.

Saturday, April 9th, 2 to 4 p.m. Members \$60, Non-members \$80

Children's Classes

Claytime!/ Sue Hoy: Grades 1 to 6, (class limited to 6 students)

Students will learn basic hand building techniques using ceramic clay. New projects are introduced each week to promote continuing skill development. Have fun and get messy making coil pots, slab projects, crazy creatures, and more. Colored glazes will be used to decorate our fabulous creations. Fired projects will be ready for pick up 2 weeks after last class.

Thursdays, starting April 7, 3:30 to 5 pm, 6 classes (no class May 5) Members \$110, Non-members \$130

Pottery Wheel for Kids/ Sue Hoy, Ages 9 and up, (class limited to 6 students)

Try something new! Students will learn the basics of throwing pots on the wheel including centering, pulling up the walls, and shaping. Colored glazes will be used to decorate pots, bowls, and mugs. Fired projects will be ready for pick up 2 weeks after last class.

Mondays, starting April 4, 3:30 to 5 p.m., 6 classes Members \$110, Non-members \$130

"Clay Potter's Wheel/Sue Hoy:

Thursdays, starting April 21st, 6-9 p.m., 6 classes Members \$220, Non-Members 250.

Also, starting in April is our monthly art demo offerings...**FREE!** Gallery etiquette and registration appreciated as space is limited. Join us each month for these exciting sessions. Don't miss our in-person opportunities to watch our top-tier members at their craft. Sessions meet from 2-4 p.m. and include a Q&A with the artist. Light refreshments provided. Locations vary.

Sat, Apr 23 Mike Santoro, Pencil Drawing

Sat, May 21 Peter NG, Chinese Calligraphy w/Martial Arts

Sat, June 18 Isabel Shamitz, Portrait Painting

Sat, July 16 Tony Andrade, Cold Wax Medium

Sat, Aug. 20 Tsun Ming Chmielinski, Sumi-e painting

Sat, Sept. 17 Dan Myers, Portrait Sculpture in Clay

QArts Gallery

ArtsFest Tent

QArts Gallery

QAA Studios

QArts Gallery

QArts Gallery

QArts Gallery

1229 Hancock St.

ArtsFest Tent/Koch Complex

1 Merrymount Pkwy, Quincy

QAA Studios

26 High School Ave., Quincy

Advance registration at quincyartma.org is required by April 1st for all classes and workshop.

If you have any questions, email the Quincy Art Association at quincyartma@yahoo.com.

Quincy Point Congregational Church

Quincy Point Congregational Church, 444 Washington St., Quincy, will celebrate the fourth Sunday of Lent at 10 a.m. with in-person and live-streamed worship.

The Lenten theme this year is inspired by a devotional of the same title, "Good Enough- 40 ish devotionals for a life of imperfection" by Kate Bowler and Jessica Richie. This Sunday the church will reflect on "Thoughts about an Imperfect Life and Faith - We often believe we are the problem."

Worship will be followed by coffee fellowship in the downstairs social hall. COVID friendly snacks will be served.

Visit the monthly "To The Point newsletter" at: <https://www.quincypointcong.org/church-life-1> to find out more about what is happening this Lent at QPCC.

Would you like to help the people of Ukraine? QPCC is inviting everyone to participate in a weekly (or one-time) offering to aid the people in Ukraine and the refugees of Ukraine who are fleeing to Poland. The offering, which can be made by check or online giving will continue until Easter Sunday.

The church is working with The Rev. Dr. Kazimierz Bem of the First Church of Marlborough, who is working directly with the Diakonia of the Evangelical Lutheran Church in Poland (www.diakonia.org.pl), which is helping the over 400,000 (and growing) refugees who have fled to Poland (mainly women and children), and with the Diakonia of the German Lutheran Church in Ukraine, centered in Kharkiv, Ukraine. Help is given by Diakonia to people regardless of their religion or lack thereof. We will be collecting donations through online giving and by donations offered during Sunday worship.

Checks can be made payable to Quincy Point Congregational Church and mailed to 444 Washington St., Quincy, MA 02169 with the memo: Ukraine Relief or visit the church website for a secure donation: <https://www.quincypointcong.org/donate>.

Donald Ormond On Le Moyne College Dean's List

Donald Ormond, a senior theatre arts major from Quincy, has been named to the dean's list for the fall semester at Le Moyne College in Syracuse, N.Y.

No Weapon Found Following Lockdown At North Quincy High School

By SCOTT JACKSON

School administrators said no weapon was found at North Quincy High School after the building was placed under lockdown last Friday (March 18) following a report that a student had gun inside the school.

At 10:30 a.m. on Friday, a student reported to a North Quincy staff member that they had overheard students discussing a weapon, specifically a gun, in the school along with a possible threat to the school; Supt. Kevin Mulvey and Principal Keith Ford said in a statement late Friday.

That staff member promptly notified school administrators and the Quincy Police Department and the building was placed under lockdown "so that all students and staff would remain in place while the school was searched for evidence of a weapon." Parents and guardians were notified of the lockdown via School Messenger shortly before 11 a.m.

Mulvey and Ford said the students who had the conversation were identified and their parents were notified so they could be interviewed by investigators.

Mulvey and Ford said that the Quincy Police Department, after a diligent search, "determined that there was no weapon present in North Quincy High School."

After police made that determination, students were dismissed from the school one classroom a time beginning around 12:30 p.m. Parents and guardians were notified of the dismissal via School Messenger before it occurred.

Following the dismissal, Quincy police K-9 units swept the build once again to confirm there was no weapon present, Mulvey

and Ford said. The Quincy Police Department, they wrote, "is continuing to investigate the incident and we will update you when the investigation is complete."

"We are very thankful for the many things that went well today," Mulvey and Ford added. "We are extremely proud of the way our students and staff handled a very stressful situation, how quickly our administrators and the Quincy Police Department responded, and the thoroughness of the investigation. Please contact either of us with your questions or concerns."

Gas Prices Down 9 Cents; Average \$4.26 In Massachusetts

Massachusetts's average gas price is down 9 cents from last week (\$4.35), averaging \$4.26 per gallon. Monday's price is 72 cents higher than a month ago (\$3.54), and \$1.50 higher than March 21, 2021 (\$2.76).

Massachusetts's average gas price is one cent higher than the national average.

After hitting a record \$4.33 on March 11, the national average for a gallon of gasoline has fallen to \$4.25.

The primary reason is the lower global price of crude oil, which peaked shortly after Russia launched its war in Ukraine, but is now more than \$20 lower and hovering near \$105/bbl. Domestically, gasoline demand is defying seasonal trends and has dipped slightly, perhaps in response to higher prices at the pump.

"Usually this time of year, with warmer weather and longer days, we'd see an uptick in gasoline de-

mand as more people hit the road," says Mary Maguire, director of Public/Government Affairs. "But demand was down slightly last week, likely due in part to higher pump prices. As geopolitical tensions continue unabated, we can expect to see more volatility in oil prices, leading to significant fluctuations in the price of gasoline and diesel in the near-term."

AAA Northeast's March 21 survey of fuel prices

found the current national average to be 7 cents lower than last week (\$4.32), averaging \$4.25 a gallon. Monday's national average price is 72 cents higher a month ago (\$3.54), and \$1.37 higher than this day last year (\$2.88).

Norfolk Sheriff Appoints Danielle Frane As New Superintendent

First Woman To Serve As Superintendent In 229-Year History Of The Office

Sheriff Patrick McDermott announces he has named Danielle Frane to serve as the new superintendent of the Norfolk County Jail, replacing retiring former superintendent Michael Harris.

Superintendent Frane is the first woman to serve as superintendent in the 229-year history of the office. She is charged with running the day-to-day operations of the House of Correction, located in Dedham.

"Superintendent Frane has an unyielding determination to achieve excellence and create opportunity," said Norfolk County Sheriff Patrick McDermott. "She is the kind of effective leader who will work diligently to continue innovating and ensuring that the Norfolk County Sheriff's Office remains a leader in the state and nation."

"I am grateful to Sheriff McDermott for this opportunity," said Superintendent Frane. "His support from day one and the confidence he has in me have prepared me to serve in this role. I look forward to continuing to serve the Norfolk County

Sheriff's Office as Superintendent."

Superintendent Frane has worked for the Norfolk County Sheriff's Office for twenty five years, beginning as a corrections officer before working on the electronic incarceration program. In 2007, she was promoted to Director of Classifications and named Assistant Deputy Superintendent of Classifications and Programs in 2019. When Sheriff Patrick McDermott took office in 2021, he named her Assistant Superintendent of Jail Operations.

In addition to her experience with the Norfolk County Sheriff's Office, Su-

perintendent Frane has pursued and received numerous certifications, including as a Prison Rape Elimination Act (PREA) Auditor, Certified Jail Manager, Certified Correctional Executive, and Certified Correctional Health Care Professional. She has completed the FBI-LEEDA Trilogy leadership training series and is currently pursuing a Master's degree in Criminal Justice.

Superintendent Frane's promotion was announced in a ceremony at the Dedham facility March 16th where she received her superintendent pin from her father, retired Assistant Deputy Superintendent Robert Boomhower.



DANIELLE FRANE (right) has been appointed to serve as the new superintendent of the Norfolk County Jail by Norfolk County Sheriff Patrick McDermott (left). Frane replaces retiring former superintendent Michael Harris. She is the first woman to serve as Norfolk County jail superintendent in the 229-year history of the office.

Courtesy Photo

Sheriff's Youth Leadership Academy Expanding To Franklin

Sheriff Patrick McDermott announces today the Norfolk County Sheriff's Office is expanding its popular Youth Leadership Academy to Franklin, this summer in order to better serve residents across Norfolk County. Based on the success of a one-week Franklin pilot program in the summer

of 2021, the Youth Leadership Academy will be hosted in Franklin for seven weeks, starting July 5th and running through Aug. 19th.

With a goal of developing youth leaders in the community, the Academy includes icebreakers, games, activities, and demonstrations aimed at building self-con-

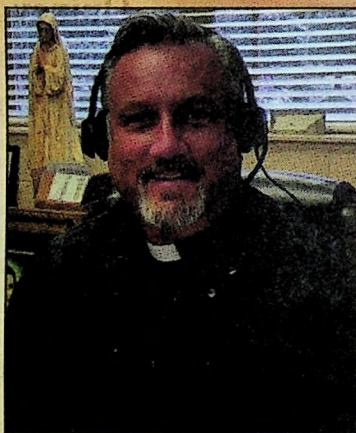
fidence, problem-solving, goal-setting, and communication skills in a fun and adventurous environment. One of the highlights of the Academy is a high-adventure ropes course that challenges participants to set goals and push themselves beyond their boundaries.

Youth participating in the

Franklin Youth Leadership Academy will meet every day at Parmenter Elementary School at 235 Wachusett St. The Academy will include two off-site adventure days at a local ropes course and the Sheriff's Office's ropes course facility in Braintree.

The Youth Leadership

Academy, which is beginning its 20th year of operation, is very popular among Norfolk County families and typically fills up quickly every year. Those wishing to register for the Franklin Youth Leadership Academy can do so at youthacademy-franklin.campbrainregistration.com.



The Men of Divine Mercy invite you to An Evening with Father Dan Reehil

Thursday, April 7, 2022
7:00 PM

St. Mary's Church
115 Crescent Street
Quincy, MA 02169

Followed by light refreshments

This event is free and open to all.

The Men of Divine Mercy invite you to join us for an evening with Father Dan Reehil. Come and hear his incredible witness and powerful conversion on the road to his Priesthood. Fr. Dan is the Pastor of St. Catherine of Siena Church in Columbia, TN and the Vicar Forane of the Southern Deanery. He is also the exorcist for the Diocese of Nashville and the National Director for Radio Maria, USA where is host of the Radio show and podcast "Battle Ready with Father Dan Reehil."



Men of Divine Mercy
Quincy, MA

For more information, visit www.menofdivinemeracy.com
or email: menofdivinemeracy@gmail.com



Season Success For North Quincy, Quincy & QNQ Hockey



QUINCY-NORTH QUINCY girls' hockey team had a successful season on the ice earning the #19 seed in the Div. 1 state tournament. The team bowed to #14 Pope Francis in a close game, 5-4, to finish their season with a 12-9 record. Front row from left to right: Emily Lim (8th grade QPS); Morgan Novak (Quincy H.S.); Orla O'Driscoll (North Quincy H.S.); Maggie Lynch (QHS); Maddie Bailey (QHS); Maggie Dineen (NQHS); and Caroline Snyder (NQHS). Back row: Katie Stirling (QHS); Lila Cook (8th grade, QPS); Siena Nichol (8th grade QPS); Angel Bresnahan (NQHS); Kaile Campbell (8th grade QPS); Maggie Webber (NQHS); Chloe Melchin (NQHS); Maddie Case (QHS); Ciara Folan (QHS); Abby Newton (NQHS); Megan Caldwell (QHS); Ashlinn Folan (QHS) and Hailey Concannon (QHS). Photo of team captains, season recap on Page 17. *Courtesy Photo*



NORTH QUINCY boys' ice hockey team earned a berth in the Div. 3 state tournament and the #24 seeded Raiders defeated #9 seed Bishop Stang 5-4 in double overtime. NQ bowed to #8 seed Danvers 5-1 and finished their season with a 5-17 record. Front row from left to right: Jack Cavicchi, Michael Campbell, Charlie McGrail, Shea Winters, Jackson Murphy, Aiden McGuinness, Thomas Walsh, Ian Ronan, David D'Antona and Martin O'Flaherty. Back Row: Kevin Salmanowich, Ben Snyder, John Lynch, Vinny O'Leary, Noah Kearney, Michael Gorman, Michael Steele, James Rogers, Brian Buckley, Patrick McDonald, Lucas Hooley and Coach Matt Gibbons. Photo of team captains, season recap on Page 17. *Courtesy Photo*



QUINCY BOYS' ICE hockey team earned a berth in the Div. 2 state tournament and the #13 seeded Presidents defeated #20 seed Boston Latin 6-5 in overtime. Quincy bowed to #4 seed Masconomet 5-1 and finished their season with a 12-8 record. The team roster: Sean Halley, Spencer Stebbins, Thomas Christian, Lincoln Hennessy, Jerry Caldwell, Joseph Hennessy, Ronan Healy, Cooper Hernon, Zach Galligan, Daniel Pakkala, Liam van Gestel, Daniel Andrews, Riley O'Connell, Tyler Larsen, Andrew Novak, Sean Andrews, Pat Walsh, Chase Quigley, Lukas LaMonica, Timmy Kelly, Collin Gates, Tyler Holmes, Daniel Freeman, Cameron Quigley and Will Martin. The team is coached by Ted Walsh, Jr. and assistant coaches Mike McNeice, Mike MacPherson, Ted Walsh III, Mitch Mortali and William Ward. Photo of team captains, season recap on Page 17. *Courtesy Photo*

North Quincy, Quincy And QNQ Hockey Captains



QUINCY-NORTH QUINCY girls' ice hockey senior captains Maddie Bailey, Quincy High School, (left) and senior Orla O'Driscoll, North Quincy High School (right).

Courtesy Photo

QNG Girls Hockey Qualified For State Tourney; Maggie Lynch, Maddie Bailey Among Top Scorers In State

The Quincy-North Quincy girls' ice hockey team finished the regular season 12-8 qualifying for the MIAA Div. 1 state tournament. They fell 5-4 to Pope Francis in the tournament.

QNG was only one of three teams in the state to score 100 goals in the season. Junior Maggie Lynch had 53 goals and 13 assists on the season. In doing so she became the program's all time leader in goals passing Cassandra Davis. It was Lynch's second season in three years (last season was shortened due to COVID) to record at least 50 goals.

Linemate senior captain Maddie Bailey had 26 goals and 30 assists. Both girls were among the leaders in the state in scoring.

QHS Boys' Hockey Season 'One For The Ages'

The Quincy High School boys' ice hockey had plenty of success on the ice this season including a victory in the Div. 2 tournament.

"A season that became one for the ages started with a hard fought, tight game against a division one opponent in Brookline," said head coach Ted Walsh, Jr. "In what would become a common theme for the season, the team played a game that went down to the wire and resulted in a 2-1 win. After a hiccup against Silver Lake, the team bounced back with a come from behind tie with perennial powerhouse Duxbury. This tie built momentum and led to back to back wins against Brookline and North Quincy."

"After a loss to a tough Milton team, the boys bounced back with an offen-

sive and defensive display in a 6-0 win over Plymouth South. After another win against a tough Pembroke team, Quincy played two of its best games but couldn't find a way to beat Scituate's goalie on back to back nights.

"The team bounced back in a crazy MLK day win over Oliver Ames by a score of 9-6, scoring six goals in the third period. After that, it was down to Hobomock Arena to take on Division 3 state champion Hanover with the Sylvia Cup on the line. After three periods and an overtime, the game ended in a 1-1 tie. Up next, the team took care of business once again against North Quincy, completing the season sweep on senior night in which a senior oriented team was honored beforehand."



NORTH QUINCY boys' ice hockey captains (from left) Michael Gorman, John Lynch and Michael Steele. Courtesy Photo

North Quincy Boys' Hockey 'Never Stopped Until That Last Whistle'

The North Quincy boys' ice hockey team recently wrapped up its season. The Raiders never stopped hustling until that final whistle, said Head Coach Matt Gibbons.

"I am so very proud of these boys and how hard they fought all season. When you only win four games it's easy to quit - or shut it down, not work hard at practice and to these boys' credit they never did and because of that this 4 win

team won a tourney game in dramatic fashion - got to the final 16 and never stopped until that last whistle," Gibbons said reflecting on this past season.

"I think it's easy to continue the culture that was before you but when that culture is broken it's difficult to get it back - these captains - John Lynch, Michael Gorman and Michael Steele - did that they brought that attitude - respect - pride for the program and most im-

portant the respect for each other back - that culture was inserted into this locker room and I will be forever grateful for that.

"Traveling to New Bedford on a Saturday night to play the #9 seed Bishop Stang is a game I will not forget.

"Go up 2-0 early - Stang scores 4 straight to lead 4-2 going into the 3rd period. But the boys never stopped, they never stopped working and then it became 4-3

and then we tie it up. Then in double OT with a beautiful feed from Noah Kearney - Johnny Lynch caps off one of the best games I have seen someone play in a NQ jersey.

"What a fun team to be around. I'm going to miss the seniors but their finger prints are going to be on this team for years to come.

"Thank you so much from the bottoms of me heart for being the best you could be everyday," Gibbons added.



QUINCY HIGH SCHOOL boys' ice hockey captains from left to right: Will Martin, Zach Galligan, Joe Hennessy, Timmy Kelly and Cam Quigley. Courtesy Photo

"After NQ, the boys won their next three in a row over Pembroke, Hanover (winning the Sylvia Cup for the first time in 8 years), and Plymouth South. A tough overtime loss to Plymouth North was followed by a loss to Whitman-Hanson

as well. The team bounced back in a serious way with a 7-0 win on the road over Oliver Ames in which multiple players scored for the first time in their career.

"The team wrapped up the regular season with a loss to Division 1 state

championship contender Marshfield.

"The tournament began with a riveting 6-5 overtime home win against Boston Latin in which the team battled back time after time to tie the game and eventually win.

"Our season ultimately ended losing to a very strong Masconomet team in the Sweet 16, but the boys left it all on the ice and will be able to look back with pride and fond memories for life," Walsh added.

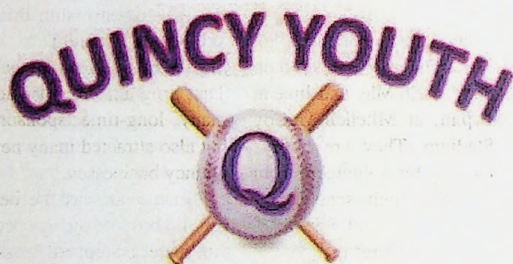
2021: A Banner Year for Quincy Baseball And Softball



FROM LEFT TO RIGHT: Coach Mike Walsh, QYBSL Board Member Billy Farrell, Esther Holmes from Ginger Betty's, QYBSL Vice President Neil McCole, Mayor Tom Koch, and Ginger Betty's owner Beth Veneto with some Koch Club T-Ball Players.

Courtesy Photo

2022 REGISTRATION IS OPEN



BASEBALL & SOFTBALL

QYBSL Registration is OPEN for Baseball & Softball leagues for the 2022 Spring Season. Still looking players ages 8 and up.

T-Ball & Instructional — FULL (with waitlist)

Junior Farm (Ages 8 & 9) - OPEN

Cal Ripken (Ages 10-12) - OPEN

Babe Ruth (Ages 13-16) - OPEN

Girls Softball (Ages 7-15) - OPEN

Bambino Buddy-Ball (Ages 5-19 for players with special needs) - OPEN

REGISTER DEADLINE — EXTENDED April 1st

Please visit our website to Register and find Information on our programs.

www.QuincyYouthBaseball.Org

Questions? - Email: QuincyBaseballSoftball@gmail.com

Family Discounts Available — Volunteers Needed

"Like" and Follow QYBSL on Facebook



The Quincy Youth Baseball and Softball League (QYBSL) had its best year in recent memory in 2021. Coming off a modified, age restricted, and truncated season in 2020 due to COVID-19, the 2021 season set some records that the league hopes to build upon in 2022.

"The most significant impact in 2021 was the enrollment in our T-Ball Division" said QYBSL Vice President Neil McCole. About 5 years ago QYBSL had absorbed the many local T-Ball leagues scattered around the neighborhoods of Quincy and consolidated them into one program at Quarry Hills Baseball Complex.

The T-Ball division experienced 100% growth in player enrollment in 2021 over the last season played in 2019. The 2020 season was cancelled due to COVID-19.

"We used the catch phrase 'Get Outside and Play Ball' and communicated with the local PTOs and non-profits to get the word out about T-Ball in Quincy," McCole said. "The plan worked extremely well seeing demand skyrocket in 2021."

The growth in T-Ball stretched the QYBSL resources too thin to handle the record number of players. "The league needed help, so they reached out to Mayor Tom Koch.

"The mayor stepped up and hit a Walk-Off Home Run by offering to sponsor the uniform and equipment needs for the entire division," said McCole. To thank the mayor for his tremendous support and with his permission, the QYBSL Board of Directors voted to name the league "Koch Club T-Ball."

"It really is a fitting tribute to the legacy that the Koch Family has had on youth sports in Quincy,

particularly with baseball," McCole said.

The Koch Club was founded by the mayor's father, the late Richard Koch, more than 70 years ago as one of the very first youth sports organizations where participation was a driving philosophy. Generations of Quincy young people participated in any number of Koch Club sports and leagues as it grew over the next several decades. The Koch Club began the City's annual Flag Day tradition with the first parade in 1952. There is still a charitable component of the Koch Club, but Quincy Youth Baseball's naming designation is its first reconnection to youth sports in many years.

"Quincy Youth Baseball and Softball is an extraordinary organization that has done so much for our young people over the years," Mayor Koch said. "I am so grateful that a little bit of my father's legacy is carrying on through their hard work."

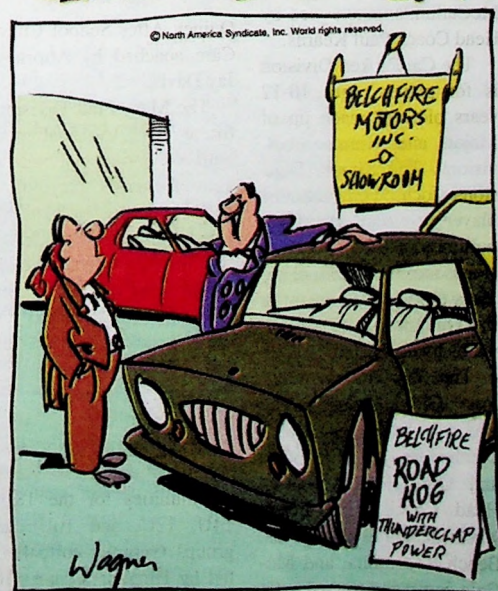
The T-Ball Division is made up of children ages 4 to 6 years old and is run by QYBSL League President Pat Bryan and North Quincy Baseball Coach Matt Edgerly.

"The partnership with North Quincy Baseball is critical to the T-Ball program's success," said Bryan. Coach Edgerly recruits NQ players to help on Saturday mornings at Quarry Hills by setting up training stations for the young players to work through and learn the basic skills of the game. The season ended with games played between teams. Bryan went on to say that "We simply could not do it without Coach Edgerly and his players."

Coach Edgerly has been running the program for several years. Edgerly said,

Cont'd On Page 19

GRIN and BEAR IT.



"It was named Car of the Year by Tow Truck Magazine!"

2021: A Banner Year for Quincy Baseball And Softball

Cont'd From Page 18

"Having the opportunity to give back to Quincy Youth Baseball is not only personally rewarding, but also provides opportunities for high school players to give back to their community. It's a great opportunity for the city and North Quincy High School."

Ginger Betty's Bakery, a longtime QYBSL sponsor, shared cookies and made friends with the league's little superstars for an end of season treat. Beth Veneto, owner of Ginger Betty's, is a Koch Club alumnus and said, "Koch Club is where I got my first taste of team spirit as did so many others. It was such a positive influence and a foundation for a lifetime. I love to give back and support such a great program in Koch Club T-Ball. Good Luck and Have Fun in 2022 - Play Ball."

The Instructional Division in QYBSL for 6-7 year old players was also sold out in 2021 with 8 teams working on clinic type practices on Saturday mornings followed by games at Quarry Hills. QYBSL is working to expand the Instructional Division in 2022 to accommodate the growth. The league is currently on a waiting list for 2022. QYBSL Board Member Ashley Lynch-Mahoney is the new League Director in 2022 for Instructional taking over for McCole.

The Junior Farm Division is made up of players ages 8 and 9 years old. This is the beginning of competitive baseball where there are more games and practices for the children to learn and compete. This league was also sold out in 2021 and will possibly be expanded in 2022. QYBSL Board Member Kevin Thibeault is the new league Director taking over for Mike Norton. Last year the league championship was won by "Chris McCallum's Chiefs" led by Head Coach Paul Kearns.

The Cal Ripken Division is for players ages 10-12 years old and made up of Majors and Minors subdivisions. The Minors Division is focused on continued player development and opportunity. The Majors Division is more competitive and leads to the development of the Quincy Travel All-Star teams by age group.

The Cal Ripken Majors City Championship was won by Keohane Club coached by Dave D'Antona and Quincy High School Head Coach Rick Beach who repeated as champions. Beach, D'Antona, and McCole combined to coach the Quincy 12 year old All-Star Team who advanced to the state championship tourna-

ment and then went on to win the Summer Bay State All-Star League in 2021 competing against some of the best teams in Eastern MA.

The Cal Minors division was won by Colonial Federal Saving Bank led by Head Coach John Larmey. McCole served as the Cal Ripken director for the past three years along with longtime board member Christine Hollatz. The new director for 2022 is Paul Kearns. QYBSL is still looking for players aged 10-12 to play in 2022.

A re-birth occurred in the Babe Ruth Baseball Division in 2021. After years of declining enrollment and with no season in 2020, the league came back strong with four teams vying for the city championship in very competitive games for players aged 13-16 years old. The League Championship was won by Warren & Sons coached by Attorney Jack Greene.

"The resurgence of the Babe Ruth Division is due to the tremendous commitment of League Director Kevin Esdale and QYBSL Director of Operations Erik DeBoer," McCole said. Esdale began with pre-season clinics at Adams Field featuring local college coaches. This created the buzz needed to jump start enrollment and rebuild the division. There is a similar plan in 2022. As of this article, QYBSL is still looking for players ages 13-16 to play in 2022.

Quincy Youth Softball also came back strong in 2021. Softball is for girls ages 7-15 and has options for training and games in the spring, summer, and fall.

The Trainor/Malloy Division for ages 7-11 was led by Director Tina Calabro and featured four teams playing two games and having one or two practices per week. The City Championship was won by QCARE - Quincy After School Child Care coached by Attorney Jay Davis.

The Mary Pratt Division for ages 11 to 15 aligned with Weymouth softball to allow for more competitive game play and was led by League Director Tari Crowley. The City Championship was won by Law Offices of Tracy Wilson coached by QYBSL Board Member Attorney Ed Swann.

Summer softball is always competitive with Quincy teams competing against other South Shore communities for the 18U, 14U, 12U, and 10U age groups. Summer softball is led by Director Swann. In 2020, the Quincy girls won the 18U South Shore Summer Travel League Cham-



FROM LEFT TO RIGHT: Mayor Tom Koch, Ginger Betty's owner Beth Veneto, QYBSL Vice President Neil McCole, QYBSL Director of Operations Erik DeBoer and Esther Holmes from Ginger Betty's with some Koch Club T-Ball Players.

Courtesy Photo

pionship under Head Coach and Softball Director Stephen Bonica. In 2021, the girls advanced to the Championship under Head Coach and Board Member Joe Murphy, but came up just short of the repeat.

Quincy Youth Softball provides a great feeder program for Softball at both Quincy and North Quincy High Schools.

"We are very lucky to have the commitment of the Board members, directors, and volunteer coaches to keep Quincy Youth Softball a successful program for the young ladies of Quincy," McCole said.

Quincy Youth Baseball also runs a Bambino Buddy Ball Division for children ages 5-19 with disabilities. The program is run by longtime Quincy resident and QYBSL Board Member Billy Farrell with coaches and past board members Doug Concannon and Jim Ross. The program is run on Sundays in May and June at 1 p.m. at Mitchell-McCoy Stadium. They are always looking for volunteers from QYBSL, high school students, and local adults so inquire if interested.

Lastly, QYBSL would not be successful without the tremendous support

of our volunteers and local businesses. Director of Equipment, Chris Packard, worked hard to get all of the gear for T-Ball and all other leagues in order in time for opening day. In 2021 QYBSL launched a 'Banners for Baseball' sponsorship drive led by McCole and Director of Fundraising Erin Feeney. That program brought back many long-time sponsors, but also attracted many new Quincy businesses.

"Last year was the best year for sponsorships that we have on record," said Treasurer Jack Toland. QYBSL is a volunteer run 501c3 non-profit. McCole

went on to say: "Our sponsors are the life blood that allows the entire league to operate across all ages and divisions. Without them, the league simply would not survive. The same holds true about our many volunteers."

Information regarding player registration for QYBSL can be found at QuincyYouthBaseball.org. The deadline for registration has been extended to April 1st. Local businesses looking to sponsor QYBSL may email QuincyBaseballSoftball@gmail.com. QYBSL also shares information via their FaceBook page. Get Outside and Play Ball !!!

Group Receives \$4,000 For Wollaston Beach Murals

By SCOTT JACKSON

State officials on Monday awarded a \$4,000 grant to install new artwork along Wollaston Beach.

The \$4,000 grant from the Department of Conservation and Recreation to Volunteers Incorporating Black Excellence will allow the group to install murals on eight electrical boxes on Wollaston Beach along Quincy Shore Drive.

VIBE's Wollaston Beach initiative was one of 29 projects to receive a grant from the DCR on Monday as part of the state agency's Partnership Matching Funds Program. A total of \$1.24 million in grants were

awarded through the program.

This year's awards were proposed by municipalities, non-profit organizations, and other entities to partner with the agency through the matching funds program to coordinate improvement projects for many of Massachusetts' natural, cultural, and recreational resources contained throughout the state parks system.

Proposed projects within the state parks system are thoroughly reviewed by the DCR. Following the review, the department matches private investments of the selected projects dollar-for-dollar for proposals above

\$25,000, and two-to-one for proposals \$25,000 and under. In certain circumstances, DCR will consider a two-to-one match for contributions above \$25,000. All projects are managed by DCR to oversee their implementation with considerable consultation from contributing partners and other stakeholders.

"The DCR Partnership Matching Funds Program allows us to work with dedicated stakeholders, such as municipalities, nonprofits, and other community-based organizations to make significant investments within the Massachusetts State Parks System," said Energy

and Environmental Affairs Secretary Kathleen Theoharides. "Importantly, this funding will be used to improve ecological health, as well enhance and expand public use and enjoyment for years to come."

"The Department of Conservation and Recreation is proud to work with so many passionate stakeholders through the Partnership Matching Funds Program," said DCR Acting Commissioner Stephanie Cooper. "The funding provided to this year's deserving projects will make great improvements to agency assets and will enhance the visitor experience."

Play Better Golf with JACK NICKLAUS



Baseball Back At Quincy College; Granite Off To 1-1 Start

Quincy College's first baseball season in 40 years is officially underway.

The Granite – under the direction of Head Coach Jim Dolan – have opened their season 1-1 and are poised for what Dolan expects will be a solid season competing against National Junior College Athletic Association (NJCAA) Region 21 opposition.

"After a full year focused on recruitment and then a handful of games last fall, it's good to finally be out on the field this spring," said Coach Dolan. "We have great, hard-working student athletes who are committed to getting better every day."

On Opening Day (March 15), the Granite beat Massachusetts Community College, 7-4, behind strong starting pitching from Anthony Dunlavy (Brockton) and four innings of solid relief from Jack Allen (Hanson). Angel Alverio (Niceville, FL) led Quincy's offense with two hits including an RBI triple and Connor Gniadek (Uxbridge) added a home run.

On March 19, in the home opener at Weymouth's Libby Field, the Granite dropped a 6-3 decision to Fitchburg State College. Captain Sam Maraltt had a pair of hits, and the pitching staff – Dunlavy as well



THE 2022 QUINCY College baseball team – led by Head Coach Jim Dolan (back row, far left) – includes players from three states, Canada, and the Dominican Republic. The Granite has begun its first season in 40 years with a 1-1 record in the National Junior College Athletic Association's Region 21.

Courtesy Photo

as Ryan Corcoran (Milton), Matt Jonah (Quincy), Vin Payzant (Plymouth) and Matt Walton (Weymouth) – did yeoman's work in the loss.

The return of baseball to Quincy College has at-

tracted student athletes from as far away as Florida, New Hampshire, Western Massachusetts, and even the Dominican Republic and Canada. In addition, the roster includes players from Hanover, Kingston, Milton,

Plymouth, Weymouth and, of course, Quincy.

"Our program offers a great opportunity for student athletes to advance their education and fulfill a goal of playing baseball collegiately," said Jack Raymer, Director of Athletics at Quincy

College. "Coach Dolan's presence has given the program instant credibility, as evidenced by the composition of the roster featuring an impressive cross-section of players."

Assisting Coach Dolan this season are John Colitti,

C.J. Golbranson and Brian Fisher, all of whom bring impressive collegiate playing and coaching experience to their roles.

Next up for the Granite is a home game against Southern Maine Community College on Saturday, March 26.

50 Pandemic Response Team Volunteers To Receive Manet Medallion

The Manet Community Health Center (Manet) Board of Directors voted unanimously to present its highest honor -- the Manet Medallion -- to its Pandemic Response Team volunteers who assisted with the health center's COVID-19 vaccination efforts throughout the course of the pandemic.

The award will be presented at Manet's signature June Bloom fundraising event, 6-9 p.m., on June 9 at Lombardo's in Randolph.

"Since 2005, the Board of Directors selection for the Manet Medallion award is both compelling and of significance. This considered, we are truly exhilarated and look forward to publicly recognizing the

outstanding contributions of these amazing individuals at our June Bloom event, which will be held in person for the first time since 2019," said Grace Murphy-McAuliffe, president of the Manet Board of Directors. "Their dedication, bravery and commitment to community has been truly inspirational for all of us and we welcome the community to join us as we honor them on June 9."

The Manet Medallion, last given in 2019 to Kate Walsh, president and CEO of Boston Medical Center Health System, is presented periodically to an individual or group living or working in a community served by the health center who has

significantly lifted, supported, championed or advanced the health center's dedication to providing accessible, high quality health care and supportive services and demonstrated consistent community goodwill and fellowship beyond the health center walls. Other past recipients include Sen. John Keenan; The Curry Family; Bob Rivers, president and COO, Eastern Bank; Mayor Thomas Koch; then Sen. Michael Morrissey; Blue Cross Blue Shield of Massachusetts; and Chazy Dowdliby, editor, The Patriot Ledger.

In totality to date, Manet has provided over 50,000 COVID vaccine and over 32,000 COVID tests to

patients and community residents across the health center's service area, which spans from Quincy to Hull to Taunton to Attleboro.

The Pandemic Response Team Volunteer recipients are from all walks of life. They are representative of Manet's service areas and are comprised of working, retired, social and education, community-based service professionals, state, county, and senior and junior citizen volunteers.

"The generosity of time and energy that these volunteers have given to Manet and to our community

is more than worthy of our deep and abounding gratitude," said Cynthia Sierra, Manet chief executive officer. "Week after week, month after month, they stood shoulder-to-shoulder with our staff to help ensure that community residents had the best possible experience at the 180 Old Colony Ave. vaccine clinic and 'pop-ups' in Quincy. We simply would not have been able to provide the level and volume of response at the clinic without their heartfelt and committed support."

The award presentation will take place at Manet's

June Bloom event on Thursday, June 9, from 6 to 9 p.m., at Lombardo's in Randolph. Individual tickets are \$125 and sponsorship opportunities are available. For more information and to view our sponsors to date visit www.manetchc.org.

Special thanks to the event planning committee: Anne Bisson, co-chairperson; Alicia Gardner, Co-chairperson; Dr. Eric Cohen; Patty Dillane; Phyllis Dohanian; Paul McSoley; Grace Murphy-McAuliffe; Tasha Pereira; Karen Ward; Tramaine Weekes; Sophie Wilson; Nancy Wyrebek; and Anli Xiang.

'Houses Of Houghs Neck' Topic For Seaside Social Club April 12

The Seaside Social Club will meet Tuesday, April 12 at 7 p.m. at the Houghs Neck Congregational Church, 310

Manet Ave., Quincy.

The program topic is "Houses of Houghs Neck" and will be narrated by local researcher Patti Williams.

Refreshments will be served.

All are welcome to attend the program.

HNCC Blood Drive March 30

Houghs Neck Community Council will be holding a winter Blood Drive to help with the extreme shortage of blood.

The blood drive will be

held Wednesday, March 30th from 2 - 7 p.m. at St. Thomas Aquinas Hall, Darrow Street, Quincy. Visit the Red Cross website or call 1-800 redcross to make an

appointment. No walk-ins will be allowed.

For more information contact Eileen Timcoe 617-479-4107 or etimcoe@yahoo.com.

Quincycles March Bike Rides

Quincycles is once again leading bicycle rides through and around Quincy and invites the public to join them.

A weekly ride occurs on Monday evening at 6 p.m. starting from the Hancock Adams Common outside Quincy City Hall. The route for these rides will alternate between exploring Quincy's neighborhoods one week and climbing Quincy hills the next. Lights are required (a limited number are available for those who need them) and reflective gear is recommended for these eve-

ning rides.

In celebration of spring, Quincycles is leading a convoy of bicyclists from Hancock Adams Common to join a Neponset Greenway Council guided tour of the Neponset Greenway on Saturday, March 26. The tour will be a 16-mile round trip from Tenean Beach to Paul's Bridge in Hyde Park, with an extra 10 miles of riding for those joining the convoy to and from Quincy.

Participants wishing to ride with Quincycles to Tenean Beach should gather prior to the 9:30 a.m. start at

Hancock Adams Common outside Quincy City Hall. Participants who prefer to join the group at Tenean Beach should arrive there prior to the 10 a.m. start.

Quincycles is a group of Quincy residents advocating for bicycle infrastructure on our city streets and promoting responsible bicycling as a means of transportation, recreation, and exercise in Quincy. More information about the group and these events can be found on their website at www.Quincycles.org or by email quincycles@gmail.com.

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PERSONAL	PERSONAL
THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. E.K.	THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA J.D.
PRAYER TO THE BLESSED VIRGIN "Oh, most beautiful flower of Mt. Carmel, Fruitful vine, splendor of heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity, Oh, Star of the Sea, help me and show me, herein you are my Mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, Mary, conceived without sin, pray for us who have recourse to thee (three times). Holy Mother, I place this cause in your hands (three times). Say this prayer 3 consecutive days, and then you must publish and it will be granted to you." MCB	THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. S.C.
	LOST/FOUND Found, Ani and Anna bracelet, outside T.J. Maxx in Quincy. Call 857-544-3938 to describe bracelet

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OBITUARIES

Vincent J. Spataro, 72

Vincent James Spataro of Quincy passed away on March 11, 2022, at the age of 72.

Born in Aragona, Sicily, James was born and raised in Quincy. He has spent the last 32 years of his life living in Norwell. James was the part owner and operator of Spataro Plumbing and Heating in which he operated with his brother Salvatore. After his retirement from plumbing, he and his brother Sal founded and ran Pleasant Storage in Rockland.

Jim was the loving husband of Frances T. (Houghton) Spataro; the loving father of Sabrina Higgins of Norwell, and the late Angel Spataro; dear grandfather of Alicia Spataro, Patrick, Kaila and Teresa Higgins; devoted brother of Rosa Galluzzo and her late husband Charles of Quincy, Salvatore Spataro and his wife Kathleen of Norwell, Amedeo Spataro of Quincy, and the late San-



VINCENT J. SPATARO

tina "Sandy" Magnoli and her husband Francis; Jim is also survived by many nieces and nephews.

A funeral Mass was celebrated March 18 in St. Joseph Church, 550 Washington St., Quincy.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy Center.

In lieu of flowers, donations can be made in Jim's name to St. Jude's at stjude.org.

Mary J. Drown, 82

Mary J. (Koza) Drown of Quincy passed away on March 13, 2022, at the age of 82.

Raised in Quincy and educated at Sacred Heart in Weymouth, Mary was a Homemaker and a member of 1000 Southern Artery Senior Center.

Loving mother of Francine Drown of Hanson, Elaine Hoffman of Westwood, Lauren Drown of Quincy, and the late Steven Drown; dear grandmother of Kendra, Alyssa, Casey, Brady, Camille, Lillianne; loving great grandmother of Lexi.

A funeral service was held Tuesday in the Dennis Sweeney Funeral Home, 74 Elm



MARY J. DROWN

St., Quincy Center.

Burial at Pine Hill Cemetery, Quincy.

In lieu of flowers, please consider a donation to Eas-terseals Massachusetts at easterseals.com/ma/.

John F. Welch, 71

John F. Welch, Major, Ret., age 71, of Quincy, died peacefully, Wednesday, March 16, 2022, at Beth Israel Deaconess Medical Center in Boston, surrounded by his loving family.

John was born in Boston, raised and educated in Quincy. He was a graduate of Quincy High School, Class of 1968. He attended the former Lowell Technological Institute and Bridgewater State College. He lived in Quincy for the past twenty-five years. He had previously lived in San Francisco, Calif.

John served in the U.S. Army during the Vietnam conflict and was awarded the National Defense Service Medal, Vietnam Service Medal, Vietnam Campaign Medal, Expert M-16 Badge, and Marksmanship M-14 Badge with 2 Overseas Bars. He later served in the Army Reserve during the Persian Gulf War and retired as a Major.

John was a member and past commander in the Ancient and Honorable Artillery Company of Massachusetts.

He worked as a software programmer for The Charles Schwab Corporation in San Francisco, Calif. Earlier in his career, he was employed at the former Polaroid Corporation.

Devoted father of Francis H. Wong.

Beloved son of the late Robert E. and Mary Virginia (Riley) Welch.



JOHN F. WELCH

Dear brother of Robert E. Welch, Jr., BG, Ret., and his wife Janet of East Taunton, Ann "Nancy" Welch of Abington, Virginia M. "Ginnie" Arienti of Hanover and her late husband Charles.

John is also survived by many nieces, nephews, and cousins.

A funeral Mass was celebrated at Divine Mercy Parish in Saint Mary's Church, 95 Crescent St., West Quincy, on Tuesday.

Interment, with military honors, at Pine Hill Cemetery, West Quincy.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

For those who wish, donations in John's memory may be made to the American Heart Association, 300 5th Ave, Suite 6, Waltham, MA 02451.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Gregory I. McDonald, 73

Gregory Ian McDonald of Quincy passed away on March 1, 2022, at the age of 73.

He was a graduate of Quincy High School class of 1966.

Son of Vandalla McDonald and Donald McDonald (deceased) of Quincy. Brother to Wayne McDonald of Sarasota Florida, Darryl McDonald of Quincy, Brian MacDonald of Quincy who lovingly took care of him during his illness, Karen Zanolli and her husband Paul of Plympton. Loving uncle to Shauna Zanolli and her husband Austin, Jennifer Zanolli, Lisa Foley and her husband Brian and their

son Weston.

Greg was a devout believer of Jesus Christ and loved to sing hymns. He loved to read and was an avid western movie fan and enjoyed sharing his knowledge of movies and history to those he met. Greg was a buyer and seller of books and magazine collectibles. He had a great sense of humor and a kind and generous heart. He will be sorely missed by those who knew and loved him.

Interment will be private.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Kelly Cobble, 59

Kelly (Peterson) Cobble, 59, of Quincy, MA, passed away unexpectedly on March 12, 2022. Born in Boston to the late Cullen and Ardys (Rigby) Peterson, Kelly grew up in Quincy and later bought a house with her husband Steve around the corner from her childhood home.

Beloved wife of Steve Cobble for 28 years, Kelly also leaves behind two children Isabella and Stephen Cobble; brother Glenn Peterson and his wife Diane of Braintree; sister Kim Hedberg and her husband Ken of Colorado; parents-in-law John and Judy Cobble; and sister-in-law Tamara and her husband Ted Kenney of Melrose. She was a caring aunt to Amanda Brill and her husband Bill of Florida; Glenn Peterson, Jr. and his wife Shauna and their two daughters Alia and Solina of Marshfield; Aaron, Jason, and Sean Kenney and his son Sean, Jr. (SJ) of Melrose; and the late Danielle Hedberg.

A graduate of North Quincy High School ('80) and Eastern Nazarene College ('85), Kelly worked for her mother's travel agency, Bare Cove Travel in Hingham. However, she found her true passion as Curator for the United States Department of the Interior working as a loyal public servant at the Adams National Historical Park for the past 27 years.

She loved her husband Steve's delicious cooking and was immensely proud of her children, Isabella and Stephen, who are currently engaged in careers in environmental engineering and public health, respectively.

Kelly fiercely supported anything cultural, creative, and Quincy, yet was especially interested in history and literature. She passed on her enthusiasm for travel, art, and the environment to her children. Devoted to her family and her community, Kelly dedicated her life to helping others, and was a lifelong member of the Quincy Community United Methodist Church in Wollaston.

Throughout her life, Kelly was actively involved with, volunteered for, and held office in many local organizations and groups



KELLY COBBLE

including but not limited to: Quincy Art Association, Quincy Youth Soccer, Altrusa International, Quincy Historical Society, Quincy Conservation Commission, Discover Quincy, Parents Councils for both Quincy and North Quincy High Schools, Girl Scouts, and Boy Scouts. Additionally, she was a decades-long participant in both a book group and a food group. Her involvement in many community organizations allowed her to maintain relationships with countless city neighbors and long-time friends. Extensive traveling enabled Kelly to make dear friends all over the world, especially in Italy, France, and Switzerland. She particularly cherished New England and always looked forward to the next family trip to Vermont or Canada. Kelly will be deeply missed but her memory will live on in our hearts.

Services will be held on Saturday, April 2, at 3 p.m. at Quincy Community United Methodist Church, 40 Beale St., Quincy, MA, followed by a bereavement reception at Victory Point Restaurant, 332 Victory Rd., Marina Bay, Quincy, MA.

In lieu of flowers, please consider a donation to either of the following: Quincy Community United Methodist Church (QCUMC) Community Outreach Programs at 40 Beale St., Quincy, MA 02170 or the Quincy Art Association (QAA) Scholarship Fund at 26 High School Ave, Quincy, MA 02169.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.



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Margaret McPhail

Margaret (Welch) McPhail, of Dorchester, formerly of Quincy, died March 14, 2022, surrounded by her loving family.

Margaret's entire life centered around her wonderful family and dear friends. She cherished time with her husband, daughter, and grandson. A vibrant woman, she was also known to bring "the fun" to every gathering and thoroughly reveled in holidays and family game nights at her Mom's along with any occasion involving music and dancing. She enjoyed her beach vacations and looked forward to her yearly visit with the McPhail's in Florida. Margaret had a special group of lifelong friends called "The Girls Club" who got together often. She will be remembered for her happy and outgoing personality as well as her love and concern for others, especially her patients and co-workers at Boston



MARGARET MCPHAIL

Medical Center.

Beloved wife of Robert McPhail of Dorchester. Loving mother of Kristin Harding and her fiancé Rob Mahoney of Dorchester. Cherished daughter of Beverly (Logan) of Quincy and her late husband Alexander Welch. Dear sister of Mary Welch, Beverly Loughnane and her husband Bill, Kathleen Munson, Maureen Welch and her partner Bill Walsh; all of Quincy, and her late brother, Dennis Welch. Devoted Nana to Logan Mahoney of Dorchester

and godmother of Meghan Keogh of Weymouth. Margaret loved and was loved by her in-laws, Dick and Judy McPhail, sisters-in-law Janice McPhail, and Debbie Riccardi, and her husband John, and her brother-in-law Rick McPhail (deceased) in addition to her many nieces, nephews, and the extended Harding Family.

A funeral Mass was celebrated Tuesday in Sacred Heart Church, Quincy.

Burial in Cedar Grove Cemetery, Dorchester.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Pancreatic Cancer Network, 1500 Rosecrans Ave., Suite 200, Manhattan Beach, CA 90266.

See Keohane.com for directions and online condolences.

Robert C. Smith, 97

Robert C. Smith, a lifelong resident of Quincy, died March 15, 2022. He was 97.

Son of the late Morton L. Smith and Elsie N. (Doeg) Smith. Brother of the late Carrie I. Smith, Morton L. Smith, Richard D. Smith and Warren S. Smith. Robert is also survived by many nieces and nephews.

Robert was a longtime parishioner at St. Chrysostom's Episcopal Church in Quincy. He worked for many years at Pneumatic Scale in Quincy. Robert was an avid



ROBERT C. SMITH

reader and hiker. He loved riding his bike and traveled throughout Boston and Cambridge from his home in Quincy. In his spare time

he volunteered at the Quincy Library. Robert was a regular blood and plasma donor at Dana Farber. He will be remembered as true gentleman with a generous and giving heart. The fabric of his life was his military service. He was a very proud WWII United States Army veteran, part of Company A 746th Tank Battalion and a proud recipient of a Bronze Star Medal. Robert's life was focused on his faith and his family. He will be sadly missed by all those who knew him.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Thursday, March 24, from 3-6 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy followed by a Celebration of Life service at 6 p.m. on Thursday. Military Honors will conclude the service.

In lieu of flowers, donations in memory of Robert may be made to St. Chrysostom's Episcopal Church, 1 Linden St., Quincy, MA 02170.

See Keohane.com for directions and online condolences.



JUDITH E. BETTENCOURT

For detailed Memorial service, obituary, and online condolences please visit dewarefuneralhome.com.

Judith E. Bettencourt, 79

Judith E. Bettencourt, 79, of Quincy, passed away peacefully on March 12, 2022 at her apartment in Wollaston.

She was born in Quincy and lived her entire life there.

Beloved daughter of the late Roger and Lucille (Studley) Bettencourt. She was the much-loved sister of George S. Bettencourt, and his wife Lynn, of Murrysville, PA, and the proud aunt of Derek A. Bettencourt and his wife Su of Foster City, CA.

Rose Cuomo, 79



ROSE CUOMO

Rose (Avitabile) Cuomo, age 79, of Quincy, died peacefully, Tuesday, March 15, 2022 at AccentCare Hospice in Milton.

Rose was born in Agerola, Italy, to the late Domenico and Teresa (Avitabile) Avitabile. Raised there, she immigrated to the United States in 1956, arriving in South Boston, and had lived in Quincy for the past forty-seven years.

As a young woman, Rose worked in Boston and Quincy as a seamstress. She later worked at Carney Hospital in Dorchester as a transporter. They loved her at Carney, many people stopping to talk to Rose, who always had a warm smile on her face and something sweet to say. Rose loved to cook for her family and also loved to sew. The more people she could feed, the happier she was.

Rose's only child was Marie Cuomo of Weymouth, whom she adored and cherished most of all, until her grandson arrived. Rose didn't think she could possibly love

anything as much as she did her precious daughter but then came Collin, her only grandchild. Rose's grandson, Collin Palmer, was the center of her universe. When Collin was young, Rose spent time caring for him and in more recent years, she spent time after school with him, cooking his favorite meals and desserts. Rose spent a lifetime devoted to her family, there was nothing she would not do for them.

Rose was fearless and a warrior in life. Lewy Body Dementia was the only thing that could stop her. She was

tired and was called home.

To know Rose was to love her...she will be missed beyond words.

Dear sister of Joseph Avitabile and his wife Winnie of Hanover, the late Luigi P. Avitabile and his surviving wife Lina of Hanson. Rose is also survived by many nieces and nephews.

A funeral Mass was celebrated in Divine Mercy Parish at Saint Mary's Church, 95 Crescent Street, West Quincy, on Saturday, March 19.

Interment at Pine Hill Cemetery, West Quincy.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

For those who wish, donations in Rose's memory may be made to the Lewy Body Dementia Association, 912 Killian Hill Road S.W., Lilburn, GA 30047.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Florence A. Whitney, 98

Florence A. (MacIntyre) Whitney, age 98, a longtime resident of Quincy, died peacefully, Wednesday, March 16, 2022, at Hancock Park Rehabilitation and Nursing Center, surrounded by her loving family.

Florence was born in Boston, to the late John and Jessie (Campbell) MacIntyre. Raised and educated there, she was a graduate of the former Roxbury Memorial High School, Class of 1941. Florence lived in Quincy's Houghs Neck for fifty-eight years. Florence was an active parishioner of the former Saint Boniface Church in Quincy. As the matriarch, she was devoted to her family. She also enjoyed a special bond with her cats, Regis and The Other Cat.

Beloved wife of the late John F. Whitney. Devoted mother of Joan F. Climo and her husband Robert of Rock-



FLORENCE A. WHITNEY

land, John F. Whitney II and his wife Karen of Braintree, and predeceased by Anne "Rusty" Madej and Scott W. Whitney. Loving grandmother of nine, great grandmother of ten, great great grandmother of two, and great great great grandmother of four. One of eight siblings, she was the dear sister of Bernard MacIntyre of Tex., Finley MacIntyre of Stoughton,

Jacqueline Boland of Calif., and was predeceased by Cecilia Rankin, Theresa Spruill, Catherine Scanlon, and Lorraine McVicar. Florence is also survived by many nieces and nephews.

A funeral Mass was celebrated in Holy Trinity Parish at Most Blessed Sacrament Church, 1015 Sea St., Quincy, on Monday.

Interment at Knollwood Memorial Park, Canton.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

In lieu of flowers, donations in Florence's memory may be made to The Houghs Neck Community Council Scholarship Fund, 1193 Sea St., Quincy, MA 02169.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

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OBITUARIES

Pamela J. Quigley, 57

Pamela J. (Shields) Quigley of Plymouth, originally

LEGAL NOTICE

**CITATION GIVING
NOTICE OF PETITION
FOR APPOINTMENT OF
CONSERVATOR OR
OTHER PROTECTIVE
ORDER PURSUANT TO
G.L. c. 190B, §5-304 &
§5-405**

Docket No. NO22P0056PM
Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021
In the matter of:
**James Bender
Of: Quincy, MA
RESPONDENT**
(Person to be
Protected/Minor)

To the named Respondent and all other interested persons, a petition has been filed by South Shore Hospital of South Weymouth, MA in the above captioned matter alleging that **James Bender** is in need of a Conservator or other protective order and requesting that (or some other suitable person) be appointed as Conservator to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **04/06/2022**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 2, 2022

COLLEEN M. BRIERLEY
Register of Probate

3/24/22

from Quincy, died at home surrounded by her family on March 17, 2022 after a courageous battle with cancer; she was 57.

The beloved wife of Kevin J. Quigley of Plymouth. Cherished mother of Matthew Quigley and his wife Caitlyn of Braintree, Daniel Quigley and his wife



PAMELA J. QUIGLEY

LEGAL NOTICE

**CITATION ON PETITION
FOR FORMAL
APPOINTMENT OF
SUCCESSOR PERSONAL
REPRESENTATIVE**

Docket No. NO19P0975EA
Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Mary Patricia Moran

Date of Death:

09/28/2018

To all interested persons:
A Petition has been filed by **Cynthia M. Go of Berkeley, CA**

requesting that the Court enter a formal Decree and Order that **Cynthia M. Go of Berkeley, CA**

be appointed as Successor Personal Representative(s) of said estate to serve **Without Surety** on the bond and for such other relief as requested in the Petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on 04/20/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

The estate is being administered under formal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 14, 2022

COLLEEN M. BRIERLEY
Register of Probate

3/24/22

Angela of Hanover, Shawn Quigley and his girlfriend Annabelle Torres of Plymouth, and Brianna Quigley and her boyfriend Julian Tamburro of Plymouth. Devoted Nana of Samantha and Cameron Quigley. Daughter of the late Arthur and Jeanne (Long) Shields. Loving sister of David Shields of Kingston, Jacquelyn Burkhead of Plymouth and Christine Mirabito of Quincy. Daughter in law of Eleanor Quigley of Quincy and the late James Quigley. Sister in law of James Quigley and his wife Kathy of Quincy, Annmarie Florentine of Weymouth, Stephen Quigley of Middleboro, and the late Ellen Quigley of Quincy. Pam is also survived by many nieces and nephews.

A graduate of Quincy High School in 1982, she worked numerous jobs over the next 40 years. After the birth of her first child she decided being a mother was her most important job. Pam loved spending time with her family especially during the holidays. Pam had a love

for shopping which made for some great Christmas's and birthdays for her kids and grandkids. She became a phenomenal cook over the years and insisted on family sit down dinners almost every night. She loved the beach and taking long walks on the Plymouth water front with her two dogs Rosie and Lily. She and her husband Kevin shared a love for music, going to many concerts over the years including Bob Seger 6 times as well as KC and the Sunshine Band, Earth Wind and Fire, The Gap Band, Kool and the Gang and the J. Geils Band. They cherished these times because they could just "let loose." Pam's love of being a mother could only be matched with her love of being a Nana. She was loved so much and will be truly missed.

Visiting hours were Tuesday in the McDonald Keohane Funeral Home North Weymouth at 40 Sea St. (off Route 3A - Bicknell Square).

Relatives and friends will gather in the funeral home at 9:30 a.m. on Wednesday prior to the Funeral Mass in Holy Trinity Parish at Our Lady of Good Counsel Church, Quincy at 10:30 a.m. Burial in Pine Hill Cemetery, Quincy.

In lieu of flowers, donations in memory of Pamela may be made to Cranberry Hospice, 36 Cordage Park Circle, Suite 326, Plymouth, MA 02360.

NOTICE OF PUBLIC HEARING

Case ZBA 21-102

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, April 12, 2022 @ 5:30 P.M. to consider the application of JCBT Architect for a Variance/Finding to construct a second floor addition and a side addition to the existing single family home in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **554 QUARRY STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Apr 12, 2022, 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/82249466952?pwd=cWtNOFPiU2VqVHpoZlpWT0VPL2daZz09>

Meeting ID: 822 4946 6952

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 822 4946 6952

Passcode: 060978

Find your local number: <https://us06web.zoom.us/j/kc7K6vINY6>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

3/24/22, 3/31/22

Joan E. Biagini, 83

Joan E. (Marini) Biagini of Quincy died March 15, 2022. She was 83.

The beloved wife of the late Robert J. Biagini, Sr. Loving mother of Anita and her husband Van Christie of Quincy, Debra Biagini and her partner Doug Noonan of Plainville, Robert J. Biagini, Jr. and his wife Cynthia of Weymouth, Teresa Kelly and her husband James of Quincy, Patricia Biagini of Stoughton, Daniel Biagini and his wife Heather of Weymouth and Joseph Biagini of Pittsfield. Sister of Robert Marini and his wife Joyce of North Adams, Nancy Sobral of Halifax, Richard Marini and his partner Lorraine of New Hampshire, Elaine Soulia and her husband Glen of Middleboro, Daniel Marini of Abington, Kathryn Roberts and her husband Ed of Braintree, Edna Marini of Plymouth and the late Brian Marini. Joan is also sur-



JOAN E. BIAGINI

vived by 12 grandchildren and 5 great grandchildren as well as an extended family of loving nieces, nephews and cousins.

A funeral Mass was celebrated Monday in St. Ann's Church, Quincy.

Burial in Blue Hill Cemetery, Braintree.

Funeral arrangements were made by the McDonald Keohane Funeral Home North Weymouth 40 Sea St. (off Route 3A - Bicknell Square).

See Keohane.com for directions and online condolences.

Robert M. Simonetti, 87

Robert Mario Simonetti (Bob) 87 years, born Oct. 21, 1934, died peacefully in his sleep on March 12, 2022.

Bob, or Sim as his college friends called him, was a lifetime resident of Quincy, MA. Bob graduated Boston English High School and went on to receive his Mechanical Engineering Degree from Tufts University. Bob loved his career choice and was very proud of his accomplishments. Bob was a member of The National Guard for 10 years. His first job was at United Shoe in Beverly, Massachusetts. He went on and had a successful career at General Dynamics, Raytheon, & Stone and Webster. While at Stone & Webster, Bob worked in the nuclear division designing Nuclear Power Plants. Bob was well known and liked, traveled the world for work and considered an expert in his field. Bob was proud to work at Stone & Webster which was considered the largest engineering company in the world.

Bob was a member of the Tufts Alumni and a generous supporter. He donated millions of dollars to the Tufts School of Engineering. He proudly wore his Tufts University Class of 1956 sweat-

shirt everywhere. He will be missed by his friends at the Tufts University.

Bob loved to eat good food, drink wine, and sing. He was a tenor with a beautiful voice. In the last year, Bob was taking singing lessons practicing his favorite Mario Lanza songs, got a Puppy for his birthday "Peter Bumpkins II" and spent much time with his family. Bob was a great friend.

Bob was the son of Angelo Simonetti and Rose (Borsani) Simonetti, both from the Lombardi region of Northern Italy.

Bob was the loving husband and caretaker of his late wife Giuliana (Falcione) of Farno, Italy. Bob is survived by his cousin's the Tosi, Bevere, Spano, Braga, Verrochi and Walter's families. Bob had many friends including Nancy & Peter Veneto, Maureen Wright, Annie Telimar and more.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Thursday 1-4 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy followed by a funeral home service at 4 p.m.

See Keohane.com for directions and online condolences.

PLEASE RECYCLE



THIS NEWSPAPER

Armando B. Peduzzi

Armando Benito Peduzzi, 97, of Quincy, Massachusetts, passed away peacefully on March 19, 2022, with his loving daughters and granddaughter by his side.

Born in a small town on Lake Como, Schignano, Italy, on June 4, 1924, Armando was the son of the late Angelo and Vittoria (Butti) Peduzzi. He was the devoted husband of the late Ersilia (Paoletti) Peduzzi for 60 years, and the loving and supportive father of Mary Marini and her husband Joseph Jr. of Plymouth, Nancy McNulty and her husband Paul of Quincy, Giselle Peduzzi of Stoneham, Amanda Nolan and her husband Kevin of Quincy and the late Anita Leitao and her husband Carl of N. Attleboro.

Armando, known as "Nonno" was the cherished grandfather of Charles and his wife Meghan, Joseph and his fiancé Tiffany, Ann Marie, Nicholas, James, Brian and Christopher, and the proud great grandfather of Molly, Grace and Jack.

Armando was educated in Italy and immigrated to the U.S. in 1947. He worked



ARMANDO B. PEDUZZI

as a sous chef in New York, Miami and South Carolina proudly alongside his late brother Chef John Peduzzi. He moved to Quincy, Massachusetts in 1950 where he met the love of his life, Ersilia, who he called "Ci Ci", and started a family. Armando worked as a final assembly worker at Boston Gear Company in Quincy followed by many years working at the Milton's clothing store in Braintree. At the time of retirement, Armando was always praised for being "always productive and full of fun and good spirit."

Armando was a gifted artist, loved working to support his family and had an

incredible work ethic. In addition to working a full-time job, he enjoyed working as a model modeling "father of the bride" tuxedos and took up the trade of being a hairdresser. When Armando wasn't working you would find him creating beautiful art work, painting colorful vibrant oil paintings, playing his harmonica, singing, ballroom dancing with his Ci Ci, working on his Italian crossword puzzles, or gardening in the yard.

Additionally, Armando had a passion for being outdoors and living a healthy lifestyle. He was an amazing cyclist riding his bike up to 100 miles on the weekends, sometimes riding his bike to and from work.

Armando loved his Italian culture the most drinking Italian red wine and eating good Italian food that he would often cook himself. He loved all types of sports; boxing, baseball and football but his true passion was being a devoted soccer fan of Inter Milan and the Italian world cup team.

Armando had a life like no other. He experienced

painful events from the war and came to the U.S. with only .75 cents in his pocket not knowing the English language. He lost his hearing at a young age, endured traumatic pain of losing loved ones, survived cancer in his late 80s and lived through a life-threatening car accident.

However, no matter what difficulties and challenging times Armando faced, he kept an inspiring positive outlook and had an abundant amount of faith. It was part of his nature to always remain positive coupled with the love of his family and strong faith that kept his spirits high.

Armando especially loved his family time and being with his grandchildren

building wonderful memories such as being at their Florida home in the winter time, traveling to Italy in the summertime and hanging out with his son in laws laughing and having cold beers. He had unconditional love towards his family and friends and was known as an inspirational narrator speaking of powerful messages such as, "Life is a gift from God, take good care!" and "always show love and compassion towards others."

Everyone who knew Armando would find themselves in awe over his life stories, infectious laugh, bright smile and upbeat sense of positivity for life. He made an imprint to all of those that knew him. Ar-

mando will be remembered as a gifted and talented iconic figure, a legend, who will live on in so many ways, especially the legacy and life he built with his family.

Calling Hours will be held Thursday March 24, 2022 from 4 p.m. to 8 p.m. at Boston Cremation, 116 Franklin St., Quincy.

A Funeral Mass will be held Friday March 25 at 10 a.m. at St. Ann Parish, 757 Hancock St., Quincy. Burial to follow at Mount Wollaston Cemetery, Quincy.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO22P0520EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Thuy-Lan Ly
Date of Death:
10/18/2021

A Petition for Formal Probate of Will has been filed by Quoc-Zung Ly of Columbus, NJ requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 04/13/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 8, 2022
COLLEEN M. BRIERLEY
Register of Probate

OBITUARY

More Obituaries On Page 31

PUBLIC NOTICE

CITY OF QUINCY BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Jennifer Nguyen, dba Ena's Bar & Lounge, Jennifer Nguyen Manager, for an alteration of the licensed premises at 607-609 Washington Street. The applicant proposes to expand the kitchen on the first floor, open up the floor plan on the first floor, expand the licensed premises to include the second floor with rooftop, and add an elevator. A hearing will be conducted at 4 p.m. on Tuesday, April 5, 2022 using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: April 5, 2022 License Board Hearing
Time: Apr 5, 2022 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://quincycollge.zoom.us/j/2309068852>

Meeting ID: 230 906 8852

One tap mobile

+19292056099,,2309068852# US (New York)

+13017158592,,2309068852# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 230 906 8852

Find your local number: <https://quincycollge.zoom.us/j/kDpyqzFG>

Nicole L. Crispo
Chair

3/24/22

PUBLIC NOTICE

NOTICE OF PUBLIC HEARING

In Accordance with the provisions of MGL CH. 131, SEC. 40, The Wetlands Protection Act and The Quincy Wetlands Protection Ordinance, The Quincy Conservation Commission will hold a public hearing on **Wednesday April 6, 2022 @ 5:30PM** to consider a Notice of Intent filed by James Marathas to: Subdivide a single family lot and construct a single family home.

At: 25 Shennen Street

ZOOM Video Communication link for this meeting:

Topic: Conservation Commission

Time: Apr 6, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/87217781989?pwd=bjrlL1VKWUo5bUNTRWJxU2YyY2tnUT09>

Meeting ID: 872 1778 1989

Passcode: Quincy

Dial by your location +1 646 558 8656 US (New York)

Meeting ID: 872 1778 1989

Passcode: 131741

Find your local number: <https://us06web.zoom.us/j/kv0A-dyTn>

Call Quincy Conservation @ 617-376-1485 for further assistance.

3/24/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-21

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, April 12, 2022 @ 5:30 P.M. to consider the application of Britton Munson for a Variance to allow habitable space below the base flood elevation in violation of Title 17 as amended, Chapter 8.1.10 (variances flood plain districts) on the premises numbered 11 CHICK STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Apr 12, 2022, 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/82249466952?pwd=cWtNOFPiU2VqVHpoZlptWT0VPL2daZz09>

Meeting ID: 822 4946 6952

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 822 4946 6952

Passcode: 060978

Find your local number: <https://us06web.zoom.us/j/kC7K6vINY6>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

3/24/22, 3/31/22

Turning soil Prepping your soil for the demands of the growing season ahead is key to the success of your garden this year. You want to add in what might be lacking in your soil as your plants begin their growth. If the soil crumbles when you work it around in your hands, then it is ready to till; if it's sticky, it may be too wet. Use a soil testing kit to see what nutrients should be added to your soil, then work the needed amounts into the soil before planting. - Brenda Weaver

Source: www.ada

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SUN FUN PAGES

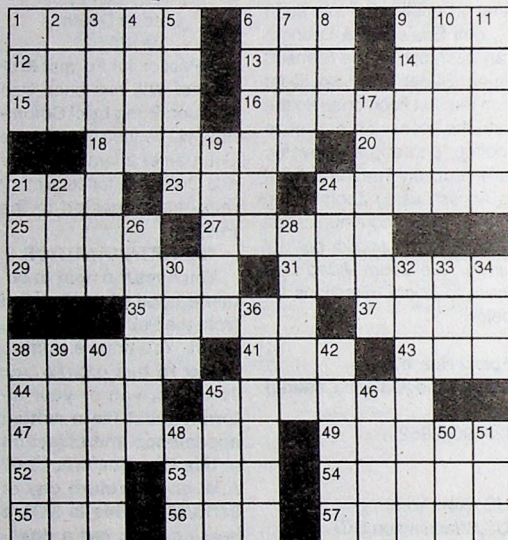
King Crossword

ACROSS

- 1 Slander in print
6 L-P link
9 Old map letters
12 Fred's dancing partner
13 Goal
14 Salt Lake athlete
15 Lightweight wood
16 "Lust for Life" punk rocker
18 Duration
20 Sea predator
21 "I'm not im-pressed"
23 Poseidon's home
24 Serpentine
25 "— a roll!"
27 Lent a hand
29 Live-in nanny
31 Mine vehicle
35 Call on
37 Activist Parks
38 Island porch
41 Stitch
- 43 Resistance unit
44 "Oops!"
45 Proverbial burg
47 1987 Peter Weller film
49 Hotel posting
52 CBS logo
53 Group of two
54 Said something
55 ISP alternative
56 Norm (Abbr.)
57 Plains shelter
- 19 Bike components
21 Ms. Farrow
22 Ostrich's kin
24 Sun. talk
26 Arizona tribe
28 Fawned (on)
30 Jr.'s son
32 Stove workspace
33 Fireplace residue
34 Zodiac animal
36 14-legged crustacean
38 Enticed
39 Greetings at sea
40 Prestigious prize
42 German sausage
45 Sulk
46 Scruff
48 LPs' successors
50 Scrape (out)
51 Observe

DOWN

- 1 Science room
2 Writer Tarbell
3 Hotel staffer
4 Otherwise
5 Inclines
6 Rum cocktail
7 At hand
8 Texter's "Wow!"
9 Toyota model
10 Inventory
11 Settle a debt
17 There



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MAGIC MAZE • NECKLACE STYLES

S V S P D M T J H E B S Y V T
Q O L T I N G D B Y S W D T R
P M K (L A V A L I E R E) I E F
D B T D Y S W R C U T S Q E O
F M N A K I S N T A F D E N R
B E Z X I W I E U S B G C I E
P U S S Q R K D L O I N O T K
L J H T P C A F D L B T L A O
C A Y W O R V L G T U S L M H
Q P N L G O P E R A L K A U C
I H F E C B N Z S Y W V R U M

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: Fits Tightly Around the Neck

Bib Lariat Multi-strand Princess
Collar Lavalier Negligee Sautoir
Festoon Locket Opera Tassel
Graduated Matinee Pendant

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Lamppost is missing. 2. Dog's ear is different. 3. Collar is different. 4. Leash is missing. 5. Jacket is smaller. 6. Poster is different.

Trivia test

by Fifi Rodriguez

1. LITERATURE: Who wrote the poem "Nothing Gold Can Stay"?
2. TELEVISION: Eric Taylor was the dad in which 2000s TV drama?
3. MATH: What is the Arabic number equivalent of the Roman numerals MDCCLXXVI?
4. GEOGRAPHY: Where is the Tyrrhenian Sea located?
5. FOOD & DRINK: What is the primary ingredient in the canned product SPAM?
6. ADVERTISING SLOGANS: What product did football player Joe Greene promote in the "Meet Joe Greene" TV commercial?
7. ANIMAL KINGDOM: How fast do honeybees fly?

8. MOVIES: Who was the famous person portrayed in the movie "Lust for Life"?
9. HISTORY: When was Elizabeth II crowned queen?
10. EXPLORERS: Which early European explorer named the Pacific Ocean?

Answers

1. Robert Frost
2. "Friday Night Lights"
3. 1776
4. Between the west coast of Italy and the islands of Sicily, Sardinia and Corsica
5. Pork
6. Coca-Cola
7. 20 mph
8. Vincent van Gogh (by actor Kirk Douglas)
9. 1953
10. Ferdinand Magellan

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Wishing Well®

8	3	8	2	7	2	4	5	6	4	5	2	4
M	T	A	B	L	E	F	H	A	E	E	P	E
7	4	7	3	7	2	7	3	5	4	7	5	4
I	L	F	R	E	R	I	A	A	I	N	L	N
6	7	5	4	3	6	2	8	2	6	3	7	4
M	B	T	G	N	E	E	K	P	S	A	S	
7	5	3	4	7	4	8	7	6	2	8	3	8
L	H	F	A	A	R	E	N	S	A	C	E	H
2	5	6	4	5	6	5	6	2	8	6	8	3
R	H	C	E	I	L	G	E	E	A	A	N	R
5	4	5	7	3	2	7	4	6	8	6	3	4
H	H	L	C	A	D	E	I	R	G	S	T	G
5	3	5	3	5	4	3	5	8	3	5	8	5
I	W	G	O	H	H	R	T	E	K	E	S	D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Be careful about doing someone a favor when you don't know the full story behind the request. Don't rely on someone's unsubstantiated assurances. Insist on all the facts before you act.

TAURUS (April 20 to May 20) That workplace problem still needs your attention before you finally can close the book on it. Meanwhile, a long-anticipated reunion gets closer to becoming a happy reality.

GEMINI (May 21 to June 20) You might be demanding more from others than they can give. Best advice: Have a long and frank talk to determine what the facts are. Tensions should abate as the week winds down.

CANCER (June 21 to July 22) Aspects are favorable throughout this week for making contacts that could be important to your career plans. Meanwhile, an old friend offers the advice you're seeking.

LEO (July 23 to August 22) It's time to stop licking your wounds from past mistakes. Get up and get going toward your future. Loyal friends will be there to help the Lion get back into rip-roaring shape.

VIRGO (August 23 to September 22) Take time out to go over what's expected of you before you begin your new project. Otherwise, you run the risk of pushing yourself harder than you need to.

LIBRA (September 23 to October 22) An unusual request could put you in an awkward

position. Best advice: Deal with it immediately. The longer you delay, the more difficult it will be to get out of it.

SCORPIO (October 23 to November 21) You should feel recharged and ready for whatever your workday world holds for you. The same positive energy spills over into your personal relationships.

SAGITTARIUS (November 22 to December 21) A prospect might be less than it appears to be. Like the Archer in your sign, you always aim for the truth. And this is no time to settle for less than full disclosure.

CAPRICORN (December 22 to January 19) Start doing some serious thinking about a career move that could entail more than just changing job sites. Some lifestyle changes also might be involved.

AQUARIUS (January 20 to February 18) With tensions easing at the workplace, a more positive environment once again encourages the free flow of ideas so typical of the always-innovative Aquarian.

PISCES (February 19 to March 20) Show some of that usually hidden steel-strong Piscean backbone, and stand up for yourself if you hope to make a case for that promotion you know you deserve.

BORN THIS WEEK: You enjoy doing new things and staying ahead of the crowd. You would make a fine sports coach or military leader.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: I equals C

GJIXJA KZDZEP NX N XREX-QZKKRG

ARVJAX XJ XARNX DZVZXJAV

NQQKXIZJJEV:

N INYT-TNZE YNENPRA.

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King Crossword

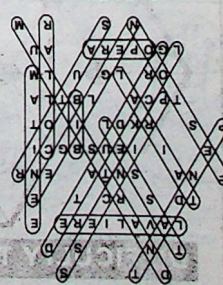
Answers

Solution time: 26 mins.



Magic Maze

ANSWERS:



a camp-pain manager

affiliations:

resort to treat visitors

CryptoQuip

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — We recently told you how Anthony Ramos fulfilled his rising star predictions. Now, another “Hamilton” castmember will not only rise to the occasion, but win an Oscar in the process. Ariana DeBose earned a lion’s share of the reviews as Anita in “West Side Story,” but when she won the Screen Actors Guild best supporting actress award, it made her the frontrunner to win an Oscar. A Broadway vet of “Summer: The Donna Summer Musical” (as Disco Donna) and the streaming musicals “The Prom” and “Schmigadoon!,” she’s already completed the \$22 million sci-fi thriller “I.S.S.” with Chris Messina, filmed in her native North Carolina. DeBose is working on the Apple+ spy film “Argylle,” starring Bryce Dallas Howard, Henry Cavill, Samuel L. Jackson, John Cena, Catherine O’Hara, Sam Rockwell and Bryan Cranston, and next heads to the Spider-Man Universe for “Kraven the Hunter,” starring Aaron Taylor-Johnson and Russell Crowe, due Jan. 13.

Ever-busy Steven Spielberg has completed directing his 36th film, “The Fabelmans,” that he wrote with his “West Side Story” screen collaborator Tony Kushner. It’s a semi-autobiography based on Spielberg’s childhood in Arizona. The film stars Michelle Williams, Seth Rogen and Paul Dano, and opens at Thanksgiving. Spielberg will next direct a new film based on Steve McQueen’s character in “Bullitt.” In acquiring the rights from McQueen’s

estate, he took on McQueen’s actor son Chad and granddaughter Molly as exec producers.

Sidebar: It was at the premiere screening of “Bullitt” on Sunset Boulevard in 1968 that I was assaulted by Elliot Gould in the presence of his then-wife, Barbra Streisand. Three years later we had our day in court. When it was over, I’d won two judgments against Gould for battery (the only media person to ever win a lawsuit against a major star for battery) with a substantial cash judgment. Elliot and I have since made up, but that’s another story!

Lindsey Lohan made her film debut at age 12 in “The Parent Trap,” followed by “Freaky Friday” at 17 and “Mean Girls” at 18. Now after more than a decade out of the spotlight, she’s making a comeback at age 35 thanks to Netflix and its holiday rom-com “Falling for Christmas,” set for December release.

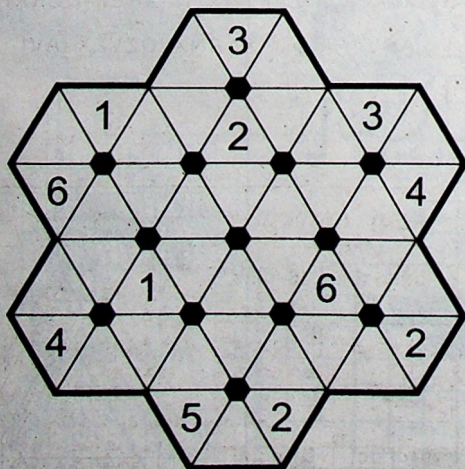
Lohan plays a spoiled heiress suffering from amnesia after a skiing accident who is nursed back to health by a blue-collar lodge owner (Chord Overstreet, who of course has a daughter but no wife. Shades of any Hallmark Channel rom-com. The film was written and produced by former “The Young and the Restless” star Michael Damian (Danny Romalotti) and his wife, Janeen Damian, daughter of “Dukes of Hazard” star James Best, who also directs. Lindsey’s had more second chances than a cat with nine lives.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★★

★ Moderate ★★ Difficult ★★★ GO FIGURE!

	÷		+		12
+		×		÷	
	-		×		12
÷		+		+	
	+		-		3
2		10		11	

1 3 4 4 5 6 7 8 9

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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Canning Jar — Bottle collecting has been an important pastime since the end of the 19th century, when the first bottle seekers dug up examples in old privy pits, the town dump or a rocky seacoast area. Most sought after were historic flasks made in New England glassworks.

As flasks got more expensive, collectors searched for other bottles — bitters, inks, mineral water, pickle, snuff, whiskey, wine, food storage and canning jars, and commercial perfume bottles. The first machine-made bottles were made in 1905. By 1920, most bottles were being made by automatic machines, including modern product bottles like those for Coca-Cola and Avon. Each of these specialties attracted not only collectors but also researchers, writers and clubs.

This very light-blue canning jar with a lid is easy to identify even though it is rare. Like most, it has a name in raised glass that is formed in the mold. It says “Gilberds Improved Jar” around a five-point star. On the bottom are the words “Patd Jan 30, 1883 / Jamestown, N.Y.” It probably was made by the Findley Ohio Bottle Co. (1888-1893) for the Gilberd’s Butter Tub Co. of Jamestown, New York. It sold at a Glass Works auction for \$188.

This type of jar was used over and over by a housewife making pickles or canned vegetables or fruit. Almost all food was homemade, cooked in season, and stored for the winter.

Q: Do you know of a school that teaches about antiques, etc.? I’ve collected and loved older items since I was 14, when I got my first computer. Since then, I’ve researched and talked to

many people trying to learn about antiques. Is there a place that can help me learn where to find information about identifying real items, signatures, marks, etc.?

A: Check schools and colleges near you to see if they offer adult education courses on antiques. Go to antiques shows so you can learn to recognize important makers. Talk to the dealers. They are often very helpful. Keep asking questions. You’ll find lots of helpful information on identifying antiques, makers’ marks, factory history and prices on our website, Kovels.com. There is also a forum on our site where readers can post questions and get answers from other readers.

CURRENT PRICES

Belleek pitcher, cream color, honeycomb texture, iridescent yellow inside, shaped handle, elongated and scalloped spout, green mark, 4 1/2 x 3 1/2 inches, \$30.

Basket, splint, oak, dyed, round, pin hinged lid, wrapped rim, bentwood handle, foot, 11 x 9 inches, \$177. Water pitcher, pewter, bulbous bottom, cinched neck, shaped handle, conical lid, disc finial, marked, William, McQuilken, Philadelphia, c. 1850, 10 inches, \$375.

Quilt, applique, Princess Feather pattern, eight feathers, radiate from star center, alternating yellow and brown, gray ground, diamond stitching, c. 1900, 39 x 42 inches, \$490.

TIP: Always keep a rug on a pad. It will wear out sooner on a bare floor.

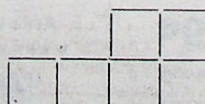
Readers, learn the six collectibles NOT to collect anymore at www.kovels.com.

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STICKELERS [sic]

by Terry Stickels

Can you change the position of two of the lines below to make four squares, all of the same size with no lines left over?



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Strange BUT TRUE

• Agree with those diehard fans of Pluto who still insist it’s a planet? So does New Mexico. Its legislature resolved that Pluto is still legally a planet...at least whenever it passes over the state.

• During a time of political turmoil, Michelangelo hid in a secret room under Florence’s Medici Chapel for three months, passing the time by sketching on the walls. His secret wasn’t discovered until some five centuries later, when the museum director stumbled upon the room in 1976.

• Honorary members of the Harlem Globetrotters include Pope John Paul II and Pope Francis.

• The Rhizanthella gardneri orchid, which grows entirely underground, was discovered by an Australian farmer in 1928 and generated such excitement that a wax model of it toured the British Isles.

• A hen will eat her own raw eggs if not satisfied with her diet.

• The Mexican language Ayapaneco, or, more properly, Nuumte Oote (“the true voice”), is dying out, and small wonder: Its only fluent speakers number a grand total of two, and they refuse to talk to each other!

• A paired kidney exchange allows people to donate their kidney that wasn’t a match for an intended recipient to a stranger in exchange for a kidney that is a match for their loved one.

• In 2010 a San Diego Chipotle customer in a wheelchair successfully sued the restaurant chain with the claim that their tall order counter denied him the full “Chipotle experience” — like watching his order being assembled.

• Sand is the most extracted material in the world.

• Actor Joe Pesci was a singer and guitar player in his early 20s and once played in the same band (called Joey Dee and the Starliners) as Jimi Hendrix.

Thought for the Day: “Change your thoughts and you change your world.” — Norman Vincent Peale

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Now here’s a tip!

by Jo Ann Derson

• For moister and softer cookies, use honey as a substitute for a third of the sugar in your cookie recipe.

• And speaking of honey, did you know it has antibacterial properties? Yep! Try rubbing a bit of it over a small cut for faster, more natural healing.

• “Keep venetian blinds from sticking to one another and discourage dust by rubbing them down individually with a sheet of fabric softener. This effect will last at least a month, in my experience.” — S.F. in Alabama

• “Have a headache? Try drinking a couple of glasses of a sports drink. This works for my friends and me. Maybe we just need to be drinking more water, but the sports drinks get us back on track more quickly than medicine most times.” — E.L. in Colorado

• “This time-tested tip will keep your houseplants in the green while you’re away from home: Set plants in the bathtub in an inch or less of water. If your flowerpot does not have drain holes, get a short length of cotton rope and feed it from the topsoil to the tub. This will keep plants alive and thriving for a week or more.” — D.R. in Florida

• “Having a hard time cutting out soda? Try this: Every time you reach for a glass of soda, drink a full cup of water first. You will find that your thirst is sated better, and you are not as “thirsty” for that sugar water!” — F.E. in South Carolina

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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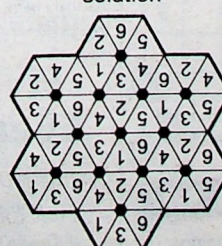
Go Figure!

answers

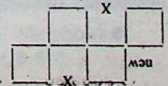
	11	10	2
3	6	-	7
	+	+	÷
12	4	3	6
	÷	×	+
12	8	1	4

SNOWFLAKES

solution



Stickelers Answer:



Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Simple

EAVIN

Notify

MORFIN

Glue

STAPLER

Celebration

STARAY

TODAY'S WORD

"I think of him as the answer to my fight against _____."

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2	1	5	3	2
5	4	1	3	4	5	1	3	4
3	4	3	1	5	3	4	1	5
4	4	2	3	3	4	2	3	3
2	1	5	4	4	2	1	5	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

6	4	4	1	3	3	3
7	4	6	2	3	5	1
5	4	3	1	1	1	7
1	5	2	4	2	7	6
1	2	7	4	4	4	5
4	2	5	7	6	1	6
3	2	1	5	2	4	2



Don't Forget to Provide for Pets in Your Will

DEAR PAW'S CORNER: As an attorney who helps clients prepare wills, I'd like to urge your readers to review their end-of-life plans and make sure that their pets are provided for. It's so important to designate a new caregiver for their pets so that they are quickly rehomed to a person who will love and care for them. I own a lovable German Shepherd, and each year, I review my own life plan and adjust it if needed -- usually an adjustment in the amount I'll give to his future caregiver to help with the financial aspects of taking in a pet, which can be substantial.

— Darren H., Philadelphia

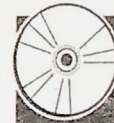
DEAR DARREN: Thank you for this reminder. None

of us likes to think about the possibility of dying, but as people who love and care for our pets, we need to do it for them, and make sure they will be loved and cared for. You can read more about how to include a pet clause in your will at this link: <https://tinyurl.com/3yjbzmdx>.

What if you're not in a position to make or update your will at this time? Put it on your to-do list, and in the meantime, make a list of trusted relatives and friends who you think would be good caregivers for your pet. Contact each of them to ask if they'd be willing to take in your pet if something should happen to you. This type of informal arrangement will give you some peace of mind. As soon as you're able to do so, create a written will or review your existing will. This helps ensure that your pet will go to a loving home and minimize their stress and grief.

Send your tips, questions or comments to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of March 21, 2022

Video On Demand

1. House of Gucci (R) Lady Gaga
2. Scream (R) Neve Campbell
3. Belfast (PG-13) Jude Hill
4. American Underdog (PG) Zachary Levi
5. King Richard (PG-13) Will Smith
6. Encanto (PG) animated
7. Ghostbusters: Afterlife (PG-13) Carrie Coon
8. Blacklight (PG-13) Liam Neeson
9. No Time to Die (PG-13) Daniel Craig
10. Eternals (PG-13) Gemma Chan

DVD, Blu-ray Sales

1. Encanto (PG) Disney
2. Eternals (PG-13) Disney/Marvel
3. Ghostbusters: Afterlife (PG-13) Sony Pictures
4. The King's Man (R) 20th Century
5. American Underdog (PG) Lionsgate
6. House of Gucci (R) Universal/MGM
7. Clifford the Big Red Dog (PG) Paramount
8. Resident Evil: Welcome to Raccoon City (R) Sony Pictures
9. Dune: Part One (PG-13) Warner
10. No Time to Die (PG-13) Universal/MGM

Source: Comscore/Media Play News

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Hitori

answer

2	4	2	5	1	2	3
6	1	6	5	7	4	2
5	4	4	4	7	2	1
6	2	4	2	5	1	7
7	4	6	2	3	5	1
3	3	4	4	1	3	3

SCRAMBLERS

solution

POVERTY

Today's Word

3. Plaster; 4. Astray

1. Naive; 2. Inform

MORE SUN FUN



Bridgerton (TV-MA) — After garnering great success in its 2020 debut, the romance-filled period drama series begins its second season on Netflix. While many fans of "Bridgerton" lamented the loss of Rege-Jean Page, who portrayed the Duke of Hastings, the show doesn't seem to be losing any of the steaminess that made the first season so enticing. Season two will mainly focus on a heart-wrenching love triangle involving the Viscount Anthony Bridgerton (Jonathan Bailey) as he finally plans to wed, as well as the introduction of two new characters — the Sharma sisters. With last season's major reveal of the face behind Lady Whistledown's newsletters, viewers are now able to tag along with the anonymous columnist as even more gossip and scandal gets revealed. Premieres March 25. (Netflix)

Deep Water (R) — Vic and Melinda Van Allen (Ben Affleck and Ana de Armas) aren't exactly your average married couple. They have somewhat of an understanding in their marriage, where Melinda can have as many lovers as she wants on the side as long as she doesn't desert Vic or their family. But it's as if Melinda almost morphs into a different person when she's not with her husband, catching their friends quite off guard as she flaunts other relationships in Vic's face. This arrangement inevitably takes a turn for the worse as one of Melinda's lovers ends up dead. Is Vic behind the death, or did Melinda's games just go a little too far? (Hulu)

Starstruck (TV-MA) — In what

can be described as a fanfiction come to life, "Starstruck" follows New Zealander Jessie, who finds out that her New Year's Eve fling, Tom, is actually an A-list movie star. Jessie, who mostly works odd jobs in London, could be considered the opposite of someone a movie star would date (and boy, does she hear it time and time again). However, Jessie and Tom can't help but grow closer, and she makes the decision to stay in London for him instead of returning to New Zealand. Season two premieres March 25. (HBO Max)



Courtesy of Netflix
Jonathan Bailey in "Bridgerton"

WeCrashed (TV-MA) — If you haven't yet learned the story behind the commercial real estate company WeWork, you're in for a treat with this new miniseries. Based on a podcast of the same name, "WeCrashed" tells the story of how Adam Neumann, his wife, Rebekah, and Miguel McKelvey team up to create a first-of-its-kind office experience called WeWork. The startup's main goal is to sell workspaces to other companies, but WeWork's success skyrockets it in a way no one could have predicted, as do its founders, their greed and their consequences. Academy Award winners Jared Leto and Anne Hathaway star as the eerily obsessive couple, with America Ferrera and Kyle Marvin making up the rest of the main cast. (AppleTV+)

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Contract Bridge

RUGGED INDIVIDUALISM

West dealer.

Both sides vulnerable.

NORTH

♠ 7
♥ K Q 10
♦ A Q 10 9 7 3
♣ Q 4 2

WEST

♠ A K J 9 5 3
♥ A 9 7 2
♦ 5
♣ 10 6

EAST

♠ 6 4 2
♥ 6 5 3
♦ K 4
♣ K J 8 5

SOUTH

♠ Q 10 8
♥ J 8 4
♦ J 8 6 2
♣ A 7 3

The bidding:

West	North	East	South
1 ♠	2 ♦	Pass	2 NT
Pass	3 NT	Dble	

Opening lead — king of spades.

The poker player who boasts that he's never been bluffed has his counterpart in the bridge player who claims that he's never missed a game. Both styles of play are expensive luxuries, largely because strict adherence to this philosophy is bound to result in substantial losses over the long haul.

In the accompanying deal, South lived up to the highest traditions of this school of players. Though his two-notrump bid might conceivably

have led his side to a sound game contract had North held a somewhat better hand, his skimpy values nevertheless did not justify his optimistic outlook.

South could have passed two diamonds without criticism, or he could have raised to three diamonds. Either action would have been reasonably acceptable. But his actual two-notrump bid was too gross an exaggeration of his values. He should have had at least three points more for this bid.

Declarer was severely punished for his optimism, which often happens to players with rose-colored glasses who push the envelope on just about every deal.

West led the king of spades and shifted to the ten of clubs, East covering with the jack when declarer followed low from dummy. South took the ace, led the jack of diamonds and finessed. East won with the king and returned a spade, and the walls came tumbling down. East-West cashed all their remaining spades and clubs, as well as the ace of hearts, and the outcome was that South was down eight — 2,300 points!

All of which goes to prove that if you venture into space without wearing a spacesuit, you'll frequently end up with something more than a touch of frostbite!

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

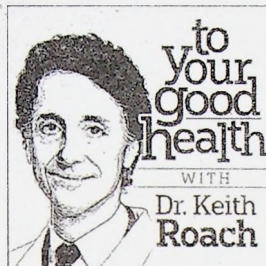
Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I B U N P O T U F S Q M B Z T U I F

N P T U B Q S J M G P P M T K P L F T ?

Q S B O L F O T U F J O .



Yellow Lenses To Rescue for Macular Degeneration

DEAR DR. ROACH: I have an elderly friend who's becoming blind from macular degeneration. After hearing of a particularly frustrating event she experienced due to vision loss, I remembered the great clarity that the yellow-lens (to reduce glare) glasses gave me, not just at night, but daytime also.

So, I sent her a pair to see if it would help, as a last-ditch effort. She called me crying, it had made such a difference! She has now had her prescription eyeglasses done with the yellow (blue-canceling?) lenses. Of course, we understand that this is just a temporary help, and won't prevent the blindness from taking its course, but it has given her much better vision for a time? -- I.L.B.

ANSWER: Age-related macular degeneration is the leading cause of vision loss in industrialized countries. It is a degeneration of the central part of the retina, called the macula, which is responsible for fine detail central vision. The underlying cause is not precisely known, and the course is progressive.

I was able to find a 2002 study that confirmed that yellow or orange lenses improved contrast sensitivity in people with early age-related macular degeneration, whereas red and gray lenses worsened it. Another study suggested that the perceived benefit (the subjective experience by the person) was enhanced, but that objective improvement in vision was not actually improved much at all.

In my opinion, perceived benefit is still worth a great deal, and since there is little effective treatment for the more common "dry" form of ARMD beyond vitamins and smoking cessation,

I am publishing your letter in hopes that some people will get improvements in their vision, as your friend did, from this low-cost treatment with essentially no risk of side effects.

DEAR DR. ROACH: I am a healthy 73-year-old man who has always had a large prostate. Thirty years ago, my urologist described it more like the size of an orange rather than a walnut. Despite its size, it has never given me any problems -- no UTIs, sudden urination, poor stream, waking me in the middle of the night, etc. Despite not having symptoms, about 10 years ago I was prescribed finasteride at a dose of 5 milligrams, and Rapaflo to "try to keep it in check." In 2018 I had an ultrasound done of my prostate, and it was measured at 185 grams. It was measured again recently and is now 232 grams. My PSA is always in the 3.2-3.5 range.

At what point does a prostate get too large? Should I be concerned even without having any symptoms? To his credit, my urologist discussed my surgical options, along with the related side effects. I am reluctant to do anything if it's not necessary. -- J.J.

ANSWER: The normal prostate gland is about 20 grams, and only 4% of men will develop a prostate over 100 grams. Yours is well past that, though far short of the world record of 2,410 grams.

It is striking that the size of the prostate does not well correlate with a man's symptoms. Since you have no symptoms and a low PSA level (especially considering the size), there is no indication to do anything surgically. The risk of surgical complications is higher in men with very enlarged prostate glands, so I would certainly be cautious about considering surgery.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Mom's Comfort Food

Try this glorified rice dish once, and I promise, you'll make sure you have leftover rice often!

- 1 1/2 cups cold, cooked rice
- 1 (8-ounce) can crushed pineapple, packed in fruit juice, drained
- Sugar substitute to equal 1/2 cup sugar
- 1 teaspoon vanilla extract
- 1/2 cup seedless green grapes
- 3/4 cup miniature marshmallows
- 3/4 cup reduced-calorie whipped topping

1. In a large bowl, combine rice, pineapple, sugar substitute and vanilla extract. Stir in grapes and marshmallows. Add whipped topping. Mix gently to combine.

2. Cover and refrigerate for at least 15 minutes. Gently stir again just before serving. Makes 6 (1/2 cup) servings.

• Each serving equals: 100 calories, 0g fat, 1g protein, 24g carbs., 9mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fruit.

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- Who released "Give a Little Bit," and when?
- Which artist released "Love Is a Battlefield"?
- Who released "Yes, Sir, I Can Boogie"?
- Why did Billy J. Kramer add the middle initial when he created his stage name?
- Name the song that contains this lyric: "This is the moment I've waited for, I can hear my heart singing, Soon bells will be ringing."

Answers

- Supertramp, in 1977. It first appeared on their "Even in the Quietest Moments ..." album and was later released as a single.
- Pat Benatar, in 1984. The song netted Benatar a Grammy for Best Female Rock Vocal Performance, her fourth. The Grammys no longer separate by gender in this category.
- Baccara, a Spanish flamenco dance duo, in 1977. The disco tune became a big hit in Europe and topped the charts in the U.K.
- John Lennon told him to. The "J" was for Julian, Lennon's son.
- "Hawaiian Wedding Song," by Andy Williams in 1958. The song was from the 1926 Hawaiian "Ke Kali Nei Au" (Waiting There for Thee). It was retitled and has been covered by numerous others, such as Elvis Presley in the 1961 film "Blue Hawaii."

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Puzzles4Kids

Answer

Frankenstein.
most April Fool's jokes?
What monster plays the

OBITUARY

Karl A. Koski, 83

Karl A. Koski of Weymouth, formerly of Quincy and South Yarmouth, passed away peacefully on Sunday, March 20, 2022. He was 83.

He was born to Jennie (Sunnell) and Eero Koski in Rauma, Finland. Karl moved to Quincy from Finland when he was ten. He graduated from North Quincy High School. After graduation he served in the US Navy before starting his career as an oil tanker truck driver for Texaco. He took great pride in his "two million mile safe driver" award, an unbelievable accomplishment.

In his free time, Karl enjoyed spending time with his family, listening to Irish music on his porch, and watching New England sport teams and NASCAR racing. He was an avid boater and loved being on the water. In retirement, he earned his Captains license and spent many summers driving the Duck Boats on the Cape. He will be remembered as a kind, pensive man with a playful, dry sense of humor. He will be missed by all who knew him.

Beloved husband of 57 years to the late Claire M. (Jacobson) Koski. Devoted father of Stephen Koski of Quincy, Karen Even and her husband Christopher



KARLA A. KOSKI

of Hingham, the late Kathleen Jordan and her surviving husband James of Marshfield, Patricia Carney and her husband Brian of Quincy and Michael Koski and his wife Katy of Milton. Cherished "Papa" to Connor, Jimmy, Katherine, Charlie, Matt, and Tyler. Also survived by many nieces and nephews. He was predeceased by his sister Maili O'Farrell.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Friday, March 25, 2022, from 4-7 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. Funeral service will be celebrated on Saturday, March 26, 2022 at 10 a.m. in the Keohane Funeral Home, Quincy. Burial in Mt. Wollaston Cemetery, Quincy.

Please see Keohane.com for directions and online condolences.

By MELINDA MYERS

Many gardeners are busy pruning shrubs to remove winter damage, control the size, or provide a bit of shaping before the season is well under way. Save some of the branches or cut a few from spring flowering shrubs to brighten your indoors. You'll enjoy the added spring color provided by branches of forsythia, quince, pussy willows, and other spring flowering shrubs for bouquets and arrangements.

Use a pair of sharp bypass pruners with two sharp blades that cut like scissors. These make clean cuts allowing the wound to close quickly and reducing the risk of insects and diseases moving in. Start by removing crossing or winter damaged branches. This helps manage plant growth while harvesting some stems for your enjoyment. Look for stems at least 12" long with lots of flowers or buds to maximize flowering. Make cuts above a healthy outward bud, where a branch joins another branch or just above ground level.

Combine planned renewal pruning with a bit of indoor enjoyment. Remove a few of the older stems of forsythia, lilac, and other multi-stemmed spring flowering shrubs back to ground level. This encourages new growth at the base of the plant. Cut the larger branches down to a useable size for your indoor enjoyment.

Bring A Bit Of Spring Indoors



THE BRANCHES of 'Flowering Quince' add color and beauty to the indoors.

Photo Courtesy MelindaMyers.com

Then finish any needed pruning after the plants put on their spring display so they can form new flower buds next spring. Avoid severe pruning that can result in excess growth. Removing no more than one fourth of the total growth will result in more even growth. Repeat as needed for the next year or two to reduce the size and improve the beauty of overgrown plants.

Harvest stems for forcing on a sunny day or when temperatures are above freezing for better results. Don't smash the stems as often recommended. Instead make one or more slits in a crosshatch or star pattern on the bottom of the stems before placing them in water immediately after cutting.

If possible, submerge the whole stems in a tub of water overnight. This encourages the stems and buds to absorb water and break dormancy. Set the stems in a

bucket of cool water, about 60° to 65°F, in a bright but indirectly lit location after soaking overnight or immediately after pruning. Mist the stems as often as possible the first few days or place a plastic bag over the stems to boost humidity and prevent the buds from dropping. Change the water every two or three days making sure the cut ends of the stems are always in the water.

The buds should start swelling and flowers start to appear in several weeks. Cut the stems to the needed length and use them in flower arrangements. They look great mixed with spring flowering bulbs, greens and other spring flowers from your garden or florist. Or display them in a vase all on their own.

Continue cutting and forcing a variety of branches over time for continuous indoor bloom. Prolong

their beauty by moving the flowering stems and flower arrangements to a cooler location at night.

Make notes on what worked well in spring arrangements to help you plan for next year. Whether you force them into bloom, or harvest when in bloom, you will enjoy the added spring color indoors.

Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Summit for her expertise to write this article. Her website is www.MelindaMyers.com.

Net-Zero Emissions Sought For New Squantum School

Cont'd From Page 13

commitment to exploring the possibility of making the new Squantum Elementary School as energy efficient as possible.

Mayor Thomas Koch's chief of staff, Chris Walker, on March 7 said the mayor would sign and agree to the resolution should the council approve it.

Liang on Monday thanked her colleagues on the council, officials in the mayor's office, and the city's residents for their support of making the new

school a net-zero building.

"This is something that we all are in support of and I just think it's a great opportunity and moment to sort of pause and recognize this is what happens when we have collaborative efforts," she said. "Good things happen and so I just wanted to extend my gratitude to everyone for participating in this and making this possible."

Harris, the Ward 6 councilor whose district includes Squantum, said he wanted the new school to be a net-zero building, stating that

there is "is 'nothing more I would like to see happen.'"

"I do support the net-zero emissions for the building, obviously, looking forward to the future and everything that is very, very necessary," he said.

Phelan said constructing a net-zero building would save the city in the long run by reducing energy usage.

"It's not just good [for] the environment, it's good financially," he said. "Putting net-zero emissions make sense both environmentally and also on a financial level."

Mahoney said the city should strive to make all new municipal buildings net-zero emissions buildings.

"It could be the first one in Quincy for net-zero. I think we're all on the same page and I'm hoping we can get there," she said. "I think it's something that we should be 100 percent in favor and pushing forward to, not only for just this building but for all buildings we're moving forward to in the future in the city of Quincy."

Register O'Donnell Commemorates Women's History Month On QATV

Norfolk County Register of Deeds William O'Donnell appeared on a segment broadcast by Quincy Access Television commemorating Women's History Month and recognizing a number of distinguished women, both past and present, with ties to Norfolk County.

"There are numerous prominent women with ties to Norfolk County ranging from First Lady Abigail Adams, the wife and mother of two presidents, who was born in Weymouth and buried in Quincy, to lesser known but important figures such as Katherine Lee Bates, a 19th century Wellesley resident, who, inspired by the beauty she observed from the top of Pike's Peak, wrote the lyrics to 'America the Beautiful,'" O'Donnell said.

Other women mentioned by O'Donnell in the segment include historic figures like Deborah Sampson from Sharon, who fought and was wounded in the American



ABIGAIL ADAMS

Revolutionary War; Helen Keller and Anne Sullivan, both from Wrentham, whose story has been chronicled in books and in the 1962 movie, "The Miracle Worker;" Harriet Hemenway from Canton who co-founded the Massachusetts Audubon Society in 1896; Dr. Helen Cleary, the first woman to be elected to the Town of Norfolk's Board of Selectmen and the actress Lee Remick from Quincy, an Academy Award nominee in 1962.

Norfolk County is also birthplace of a number of contemporary women such as the astronaut, Sunita

Williams, a 1983 graduate of Needham High School, who has performed the most spacewalks by a woman, National Public Radio's Audie Cornish, Mindy Kaling, the writer and actress best known for the television series "The Office" and of course, Needham's own Aly Raisman, the winner of several Olympic medals in women's gymnastics and the recipient of the Arthur Ashe Courage Award.

"I appreciate Mark Crosby and the folks at Quincy Access Television providing me the opportunity to honor the contributions and accomplishments of women from the communities in Norfolk County that have had a positive impact in our lives," stated Register O'Donnell.

To view the Norfolk County Registry of Deeds video segment, go to the following link:

<https://www.youtube.com/watch?v=xSwPZMqZnm8>

Americanisms



"Good timber does not grow with ease. The stronger the wind, the stronger the trees."

— Thomas S. Monson

Niamh Barrios Bound For World Irish Dance Competition

Cont'd From Page 1

was canceled," said Claire Barrios.

"So finally, they're going ahead in 2022, and it is the 50th anniversary of the world championships."

Approximately 300 dancers from around the world will compete in the event in Niamh's age group. The competition in her age group takes place over two days, with half the field advancing to the second day.

"You dance multiple rounds – you dance a light shoe and a heavy shoe and then they recall 50 percent," Niamh said.

"There is the possibility of dancing over two days," her mother added. "She arrives on day one and she'll dance her heavy round and light round and then they recall 50 percent to dance the next day.

"So, then she comes back the next day and it all starts from scratch – they dance a heavy round and a light round. And then they recall 50 percent of the 50 percent, and then they come out and dance a set round...which is like their big performance piece."

Niamh said she is excited for the trip because she will get to see family members, including her grandparents and cousins, who live in Ireland – Niamh and her family have visited Ireland before, but they've been unable to go the past two years.

"They live in Kildare, just outside Dublin, but they are going to come to the competition," said Claire Barrios. "Then, we're spending the following two



NIAMH BARRIOS, age 16, will compete in the 2022 World Irish Dancing Championships on April 10 and 11 in Belfast, Northern Ireland. Here she is shown competing at the All Ireland Championships in Killarney, Ireland in February 2020.

Courtesy Photo

weeks there. We'll do some touristy things."

Niamh typically spends about eight hours a week dancing but has put in extra time ahead of next month's competition.

"I've been going to some

extra classes that I wouldn't normally go to and more training and stuff like that – more mini competitions, like local competitions," she said.

"She just actually won the Newport Feis and the

Ocean State Feis the last weekend of February," her mother added. "That was the last competition she did."

Niamh dances for the Clann Lir Academy in Hingham. She began dancing when she was 4 years old.

"When I was younger my mom used to do Irish dancing, so she kind of got me into it and I started dancing when I was 4," she said.

Claire Barrios immigrated to the United States from Dublin in 2001 and moved to Quincy in 2009. She took

up Irish dancing as an adult after moving to the United States.

"It was just something I was interested in and I guess when you come over to the US you sort of grab onto anything that reminds you of home," she said.

Niamh has previously danced at Boston's Wang Theatre, where she was in the opening for Riverdance. On March 12, she performed at the home opener for the New England Free Jacks rugby team at Quincy's Veterans' Memorial Stadium.

"It was cold, but it was fun," she said.

Niamh said she has enjoyed dancing.

"I have a lot of fun doing it. It's what I'm really passionate about," she said.

"And you have a lot of friends from dancing," her mother added.

Niamh said she is undecided about her post-high school plans, but is considering a career in the sciences.

"I would like to go into maybe the medical field. I'm not sure, but something sciencey," she said.

Fore River Bridge Closed One Hour Early Saturday Morning

The Massachusetts Department of Transportation (MassDOT) announces mechanical maintenance operations will be taking place on the Fore River Bridge which carries traffic using Route 3A between Weymouth and Quincy.

The bridge will be closed to traffic for one-hour, early

Saturday morning, March 26 from 4 a.m. through 5 a.m. This closure is necessary to make repairs to mechanical infrastructure below the bridge deck. This closure will be followed by typical bridge closure throughout the morning hours to ensure efficient operation.

Law enforcement de-

tails, and advanced message boards will be in place to guide drivers through the work area.

Drivers who are traveling through the area should use caution.

All scheduled work is weather dependent and may be impacted due to an emergency.

Free Basic Boating Safety Courses

The Quincy Police Marine Unit, in partnership with the Massachusetts Environmental Police, will be presenting three Basic Boating Safety Courses at no cost to the public. The courses are designed for persons 12 years old and up, regardless of boating skill.

Courses are nationally approved, and course completion will allow persons to legally operate a boat in states requiring Basic Boat-

ing Safety Courses. Everyone who completes the course will be issued a Basic Boating Safety Certificate. Graduates in the 12 through 15 year-old age group will be legally allowed to operate a motorboat without adult supervision. The same is true for 16 and 17 year old youth who wish to operate a personal watercraft (jet ski, wave runner, etc.) In addition, some insurance companies offer policy dis-

counts for customers that complete a Basic Boating Safety Course.

Course offerings for 2022 are:

May, Class ID code: 4742 (May 10, 17, 24) Course hours are Tuesday Evenings 6 PM till 10 PM

May-June, Class ID code: 4743 (May 14, 21, June 4) Course hours are Saturdays from 10 AM to 2 PM

All of the above courses will be taught at the Houghs Neck Community Center, located at 1193 Sea St. (Same building as Manet Community Health Center).

To register for a course go to the Massachusetts Environmental Police Department website at:

<https://www.mass.gov/forms/mep-boating-safety-course-online-enrollment-form>.

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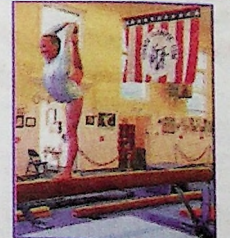
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